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Preface:

Every human being needs to be approved, affirmed and accepted. There is an inherent need to ***belong***, to *feel* significant and secure. The Church was designed by God to spread the gospel of Jesus Christ, His perfect solution to each relational crisis. Hopefully the Church would minister to these inner needs, but living in a fallen world, has often failed to provide the charitable attitude required, towards problems they do not understand, and that only serve to make them uncomfortable and anxious. Unfortunately spiritual clichés given by pastors and lay leaders drive Christians to seek a more empathetic solution from secular sources.

Counseling opens options for healing, to people who are hurting. Perhaps their needs have not been fulfilled because of internal or external conflict. Internal conflict results from things we believe about ourselves; external conflict arises from how we feel about others. The primary goal of Christian counseling is to bring Biblical resolution to these conflicts, because human nature and Divine nature are at war, around the world.

The human tendency is to deny, justify, rationalize ***our*** mistakes. If we could be as generous with our fellowman, as we would like them to be towards us, we might be more inclined to give them the benefit of the doubt when they hurt or disappoint us! Unfortunately our response to ***their*** mistakes is often more harsh, judgmental, critical, analytical and even slanderous.

It has been both a joy and a privilege for me to work with men and women in Canada, the West Indies, Guyana, Zambia, Kenya and Ethiopia, training them to counsel other people in distress, encouraging them to know how to used their Bibles to bring healing and hope through Jesus Christ who is **The** way, **The** truth and **The** life, in times of trouble. Inspired by the words Jesus quoted from Isaiah 61: 1-3, I knew that God had called me "to preach good tidings unto the meek, He hath sent me to bind up the brokenhearted, to proclaim liberty to the captives and the opening of the prison to them that are bound;……to comfort all that mourn….to give unto them beauty for ashes, the oil of gladness for mourning, the garment of praise for the spirit of heaviness. (KJV)"

I hope this manual will be a source of instruction for believers who long to see the church taking its place in the community of people who, without Jesus, are eternally lost. It is sad to see people going through the miseries of emotional, social, and even sometimes physical and spiritual pain, that could be dealt with to bring them a better quality of life, if they learned to journey with Jesus Christ.

PEOPLE NEED THE LORD!

Everyday they pass me by,
I can see it in their eyes.
Empty people filled with care,
Headed who knows where?

On they go through private pain,
Living fear to fear.
Laughter hides their silent cries,
Only Jesus hears.

People need the Lord, people need the Lord.
At the end of broken dreams, He's the open door.
People need the Lord, people need the Lord.
When will we realize, people need the Lord?

We are called to take His light
To a world where wrong seems right.
What could be too great a cost
For sharing Life with one who's lost?

Through His love our hearts can feel
All the grief they bear.
They must hear the Words of Life
Only we can share.

People need the Lord, people need the Lord
At the end of broken dreams, He's the open door.
People need the Lord, people need the Lord.
When will we realize that we must give our lives,
For people need the Lord.

People need the Lord.

Steve Green

Introduction:

Counseling by definition is *"a caring relationship in which one person tries to help another deal more effectively with the stresses of life"* (Gary Collins). It involves a mutual exchange of ideas, discussion, recommendation, and advice regarding the origins of, and attitudes towards behaviour. The Church has been called into a ministry of restoration in relationship, as it expresses the love of Christ in practical ways. [Galatians 6:1 "Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted."]

Counseling requires an understanding of personhood, feelings and relationships. Christian counseling offers a Biblical rational for problem solving. Biblical counseling looks at behavioural options governed by Biblical principles. [Ephesians 5:31-5:2 "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Be imitators of God, therefore, as dearly loved children and live a life of love…."] Biblical counseling is holistic – keeping in mind the needs of the whole person.

Learning occurs through environment, education and experience. Each influences the direction of our thoughts, words and behaviours. Therefore, a counselor needs to understand the specific influences on each client, knowing they have the best news about healing - that in Christ we have been called to become ***new creatures*** [2 Corinthians 5: 17 "the old has gone, the new has come"]. Counseling therefore is designed to lead people into a life that is holy and pleasing to God. [Romans 12:2 "Do not conform any longer to the pattern of this world, but be ***transformed*** by the renewing of your mind".] What a glorious hope, made possible only by the power of the indwelling Holy Spirit!

The first part of this manual will be largely philosophical, whereas the last part will be more practical. This is not in any way a comprehensive manual, but is intended as a basic guide for those who are interested in expanding their "helping" skills. The primary goal of this manual is to improve the actual competency of all those who wish to engage in serious Biblical counseling.

Marilyn Daniels MTS

Statement of Faith

We believe the Bible to be the inspired, the only infallible, authoritative Word of God.

We believe that there is one God, eternally existent in three persons: Father, Son and Holy Spirit.

We believe in the deity of our Lord Jesus Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death through His shed blood, in His bodily resurrection, in His ascension to the right hand of the Father, and in His personal return in power and glory.

We believe that for the salvation of lost and sinful people, regeneration by the Holy Spirit is absolutely essential.

We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life.

We believe in the resurrection of both the saved and the lost; they that are saved unto the resurrection of life and they that are lost unto the resurrection of damnation.

We believe in the spiritual unity of believers in our Lord Jesus Christ.

It is critical for a counselor to know what they believe and to be able to explain it to others.

Biblical Counseling Training Manual

1.DEVELOPMENT OF PERSONHOOD:

Personhood describes a way of knowing about life and people. Human life is a story; the development of personhood shapes that story line. In educated circles, in the twentieth century, there was a great debate regarding whether genetics or environment played the greatest role in the development of character. The Bible is not silent on the topic.

[Genesis 2:26-27 "Then God said 'Let us make man in our image, in our likeness, and let them rule….' so God created man in his own image, in the image of God He created him; male and female He created them"] Creation of man was intentional. Both God and man possess qualities that distinguish us from non-personal creatures, providing us with the privilege of intimate communication with the Sovereign God. Man started off with the mind and feelings of God, until sin intervened. From then on the sin nature overtook control of mankind and his environment.

[Psalm 51:5 "Surely I was sinful at birth."]

However, God does not leave His creation without hope!

[Proverbs 22:6 "Train a child in the way he should go and when he is old he will not turn from it."] Character requires training and discipline.

[Psalm 51:10 "Create in me a pure heart, O God."]

Characteristics of man: emotional, volitional, spiritual, intelligent, with personality

Capabilities of man: given responsibility to look after all of God's creation, but [Romans 3:23 "…all have sinned and fall short of the glory of God."] People are capable of deep longings and evaluative thinking, as well as the ability to choose.

Concerns of man: need to worship, to belong, to feel accepted, significant and secure

Temperament: a disposition that sees the world from either a positive or negative view. Children exhibit temperament long before they can speak. This is defined by their responses and includes mood, sensory sensitivity, distractibility, adaptability, their approach to novelty, as well as persistence. People may be shy, intense, spirited, or irritable in temperament.

Character: distinctive qualities, or attributes; characteristics can be learned and therefore re-learned, and become ingrained as part of one's nature, one's moral constitution. The development of character in the Christian, is the process of sanctification, under the guidance of the Holy Spirit. The decision to avoid compromise and denial, in order to deal in repentance with thoughts, attitudes and actions requiring God's grace, is evidence of real character.

Godly character demonstrates a confidence that one day God will achieve His ultimate purposes for mankind.

1. What is the **conscious mind**? The seat of Behaviour
   Beliefs
   Emotions

   It is the faculty of perception and understanding, where mental evaluation of external events takes place, a sort of registry for events and situations. How a person perceives what happens to him/her has a lot to do with his/her emotional and behavioural reactions. For example – is this threatening to me? If yes - defensive, negative, or withdrawal symptoms may occur. If not, the reaction may be apathy, or constructive action.

2. The **subconscious mind** holds Beliefs
   Images
   Pain

The subconscious may be described as the hidden potential of the human personality, where both positive and negative qualities are stored. It is the part of the personality that develops and holds onto deep reflective assumptions. Things we tell ourselves in our conscious minds may draw on wrong assumptions about ourselves, and about others, from the depths of the subconscious mind, coloured by past experience, learned expectations from the culture, and innate fears.

Investing the subconscious of too much power has led some people to feel victimized by a force within them, over which they think they have no control. We need to be aware that we choose culpably, to hold beliefs that offer satisfaction, in a life without God. For example, what do we believe about life after death? Dialogue * (in groups) The Bible holds us responsible for negative choices, since they prevent us from seeking the satisfaction of God's forgiveness and love.

Honouring personhood gives us an attitude of compassion that cannot be swallowed up by angry moralism. Often believers over-simplify the problems people struggle with as being something they are fully responsible for, to be simply solved if they would only shape up and live right. Example: A seventeen-year-old boy, and 2 friends were tragically killed in a car accident which did *not* involve drinking. He had made a profession of faith only months before, but because people assumed he had been driving recklessly, his faith was called into question.

Who would go to a counselor who could not view our problems of bulimia, pornography, homosexuality and phobia, with compassion? **If we are to win the world for Christ, we need to see people through His eyes, to meet them at their point of need.** (Woman caught in adultery, John 8:4, – the Samaritan woman at the well, John 4:7, – Zaccheus, Luke 19:2)

Types of personalities: sanguine, phlegmatic, choleric, melancholic. Please note that very seldom does one person perfectly represent only one of these categories and sometimes a person will have a mixture of qualities from each of the four.

Sanguine – life of the party, sociable, charismatic
-these people struggle to follow through on a task; a new hobby loses interest once it ceases to be fun
-there is almost a shamelessness, because they are so sure what they are doing is right!

Choleric – ambitious, leaders with energy and passion
-may be either highly organized or highly disorganized – extremes!
-prone to mood swings

Melancholic – introverted and thoughtful
-poetic and artistic
-often a perfectionist; needs to be on time, self-reliant and independent
-very involved in pursuits, to the point of sometimes forgetting other responsibilities.

Phlegmatic – relaxed, quiet, warmly attentive
-sometimes lazily sluggish
-content with self
-accepting and affectionate, kind
-prefers stability to change
-consistent, rational, curious, observant
-good administrators

Often we are what we *think* we are. Children brought up without encouragement, or who never fulfill their parents' expectations for academic excellence, are examples of people who tell themselves they will never succeed in life, that they do not deserve to do so, whereas even mentally & physically handicapped children have been known to exceed their parents' expectations, when they are loved and accepted, and trusted with little jobs, in which they can take pride.

2.KNOW YOURSELF: * Discuss these 23 questions in pairs

1. What is my personality type?
2. What are the key influences that shaped me into the person I am today?
3. How do I react under pressure?
4. How do I respond to criticism, to anger, to rejection?
5. Does my reputation reveal a heart of love for the unlovely?
6. Do I need to be in control, or am I a team player?
7. Am I jealous?
8. What would I like to have written on my tombstone?
9. What role does God play in my decision making? In my relationships?
10. Is the fruit of the Spirit evident in my thoughts, speech and behaviour?
11. What areas of counseling interest me?
12. List personal strengths and weaknesses:

Remember, the Christian belief system is named for the Man who so thoroughly challenged the status quo that religious leaders called for His death [Hebrews 4:15 "For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who was tempted in every way, just as we are – yet without sin."]

13. **True or False**:

    I am a positive person (optimistic about the future) ____

    I am pessimistic about the future____

    I am a realist____

14. **My Spiritual gift is**_____
15. I struggle sometimes to forgive myself Y N Others Y N
16. I have strong expectations of what a Christian should be like:

17. Generally I make myself available to help people in distress Y N
18. Women seem to confide in me Y N
19. I work well with other ladies (explain)
20. There are lots of times when my stomach churns with anxiety T F
21. I am a leader___ a follower___ My family would describe me as (circle) L F
22. Something that always brings me great joy is:

_____

23. What have been my successes and failures in previous ministry? What did I learn?

From an early age we begin processing data – instructions, warnings and information that influences our future code of conduct. Children watch those adults who may provide good or not so good role models; their observations are subsumed in the conscience.

Why is it important to know yourself? In groups of 3 discuss the following:

We are made for union, for community, with God and man. (Mark 12:28-31) Biblically, in Jesus' words, loving ourselves is a pre-condition to loving others. Self-acceptance takes place when we know ourselves and can accept ourselves as persons with strengths *and* weaknesses. If not, most likely you will be impatient with the weaknesses of others. Are you ashamed of your deficiencies? How are you dealing with these areas in your own life? This will most definitely influence the options you will present to others for dealing with their weaknesses. It has been suggested that a counselor must not only know ***where*** they are going, but ***who they are,*** in order to be effective.

Attitude Check – are you rebellious, proud, self-sufficient. These characteristics disable our listening to God [Proverbs 16:5 "The Lord detests all the proud of heart".]

Can you truly **love the unlovely**? Are you able to work with a person whose lifestyle is different from yours without making them feel uncomfortable, unworthy or rejected? Do you place conditions on them, with a hidden agenda for making them change?

> i.e. You are in ministry in a para-church organization. A young man is keenly interested in the Bible and you are praying he will be saved. Suddenly, one day, he bursts out with a horrible tale of sexual abuse by different men that leads him to believe he might be homosexual. How would you respond? Will you tell him God hates homosexuality? Can you feel his pain? Will you weep with him?

****

While discussing issues with clients, parts of their stories **may trigger memories** or feelings from your own experiences. How you react to these will demonstrate the growth of your Godly character and the degree to which you are surrendered to God. Do you walk the talk? Satan will use these triggers to lead you into temptation, if you are not close to God.

> i.e. A woman you have known for a number of years and with whom you have worked in the church, chooses a weekend retreat at a Bible camp to disclose her struggles after a childhood of repeated sexual abuse. Meanwhile you are struggling yourself with abuse of a different kind. Would you respond with vindictiveness against abusers in general? Or – would you be able to share the comfort and healing that God has given to you? What is God telling you? –asking of you?

Your reaction to, and further treatment of your client's problems may be coloured by your own anger responses from long ago, perhaps giving rise to a bitterness you thought was long forgotten. This may affect the success of your work, unless you have a fresh experience with God, day by day. We are to comfort others with the comfort wherewith we have been comforted, according to the apostle Paul. [2 Corinthians 1:3-4 "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, ***so that we can comfort those in any trouble with the comfort we ourselves have received from God***".] To be real, to acknowledge our own experience of forgiveness and grace, is crucial to successful counseling. However, it is also important to disclose only what will be helpful, and to do so with wisdom, **dwelling on the mercies of God**.

Jealousy affects all relationships, personal, business, church, friendship, and counseling. Trust cannot exist in the presence of jealousy. Therefore the jealous individual will struggle with being a team player, because if such a person does not feel in control, they will doubt the intentions of those who are. Paranoia, suspicion of others, is symptomatic of a mental disorder.

Negative feelings give rise to a critical spirit and one often develops an attitude of **blaming and shaming** others, in order to make themselves feel important. People suffering from a low self-esteem often need to exhibit a powerful exterior to cover up how they really feel about themselves. A **strong self-image** helps the counselor to deal effectively with criticism, anger, intolerance and other negative feelings the client may genuinely need to express. Therefore, attitude is everything!

> One elderly lady who was in Christian leadership, and in her lifetime had presented the gospel to many people, never could get over the besetting sin of holding grudges against people she didn't like. Fortunately her friends chose to forgive her, understanding that underneath her powerful exterior were feelings of inadequacy.

[Lamentations 3:40: ”Let us ***examine our ways*** and test them, and let us return to the Lord.”]

[2 Corinthians 13:5 “**Examine yourselves** to see whether you are in the faith; test yourselves. Do you not realize that Jesus Christ is in you - unless you fail the test.”]

Both Old and New Testaments admonish examining ourselves. We are in a ministry of restoration. We have everything that is good, positive, and hopeful, to share with others if we ourselves have experienced restoration with our Father in heaven! [1 John 1:9 “If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”] We all need that daily cleansing.

Does submission, humility or gratitude enhance our communion with God, and our relationship with humankind?

Activity:

In groups of 2 talk to each other about :

1. Your most significant childhood experience.
2. Your present walk with God.
3. The person(s) who influenced your life and why.
4. What does friendship mean to you?
5. Talk about responding to difficult people.
6. Describe a political issue you feel passionate about.
7. How does your life give a good testimony to the world?

3.World view – is exactly what it says. *How do you view life?*

Our world view shapes our approach to counseling those who are hurting, who are suffering abuse, disappointment or failure in relationships.

God created man in His image, but humankind couldn't handle that privilege and responsibility. The idea implanted by Satan in the Garden of Eden, that we might be *like* God, still exists. In competitive acts dominated by greed or hatred, mankind is still trying to get to the top. Today's North American culture, using the theme 'New Age', is simply reliving an old age theory that there is a god inside each one of us, that given the right circumstances, can make us dominant. Some religious groups believe that when we get to heaven we will become gods.

In developed countries we have lost sight of certain values and absolutes, lost in recent years by the advent of the human rights movement, which supposedly gave freedom of thought and behaviour to every individual. Today, without standards by which to measure themselves, people seem to be lost, asking questions such as "Who am I?" and "Why am I here?"

In generations past, Biblical values were benchmarks that gave answers for such questions, and that guided community living. Now, to be envied, is the fact that in developing countries there is still a strong consciousness of community, of belonging to one another, of being responsible for the well-being of those within the cultural milieu.

Culture influences our world view…what we believe about ourselves, and others. How a person perceives what happens to him/her has a lot to do with his emotional and behavioural reaction, being either defensive or offensive, and sometimes even apathetic. Expectations and assumptions are formed by our culture.

Do you believe that God has a plan and will for the life of every individual?

Believers look at their fellowman as equals, because we all come to the foot of the cross as sinners. Once we are ***in Christ*** Paul tells the Galatians [Galatians 3:28 "There is neither Jew or Greek, slave nor free, male not female, ***for you are all one in Christ Jesus.***"]

Christ died for **all** men. [2 Corinthians 5:14 "For Christ's love compels us, because we are convinced that one died for all."]

Therefore, we have a responsibility as Christians, a purpose: [2 Corinthians 5:18 "God reconciled us to Himself through Christ and gave to us the ***ministry of reconciliation."]*** The love of God fills us with feelings of peace and joy, empathy and compassion towards our fellowman. Gone is the competitive worldview of humans warring against one another to become the greatest. Rather the spirit of contentment renews us day by day.

As we assessed, in the chapter on personhood, humans are determined largely by their environment and their genetic make-ups, until they have an encounter with God. As counselors, it is our privilege to provide an environment where that is possible.

Eric Liddell shares his personal mission statement with us –

> "Be the person you were created to be."

Query: What shaped you into the person you are?

Is everything to be viewed in black and white, or is there any room for gray areas?

Does your world view make sense of your experiences in relationships?

Spend some time pondering the answers to these questions.

4.PHILOSOPHY OF BIBLICAL COUNSELING:

"Wrong patterns of living develop from wrong philosophies of living".

Larry Crabb

In a Biblical model of counseling there is an integration of psychology and a theology authorized by scripture, because all truth is truth!

Every individual is a person of worth, one with God-given potential, made in the image of God. Sin ended their innocence and broke their primary relationship.

What resulted?

Fear,

Blame/shame,

Struggle,

Loss of significance and security,

Loss of innocence and purity.

Each person is responsible for their own choices, but pain may occur & reoccur when people are manipulative, uncaring and destructive. [Proverbs 18:14 "A man's spirit sustains him in sickness, but a crushed spirit who can bear?"] It is common to blame the devil, other people and sometimes even God, for problems that we ourselves have caused.

The counselor must have clear ideas about human nature – what are people like, what are their needs, how do problems develop? Biblical counseling is unique because it rests its understanding of human nature, problems and solutions, on teaching from the Word of God.

Counseling is a relationship, one in which **trust i**s a primary ingredient! Often in the initial visits the client will only share what they are comfortable sharing, until trust has been established. This relationship gives an opportunity to weep with those who weep, to help someone who is overwhelmed by circumstances to think logically through to a resolution of their problem.

However, counseling would be easier if we could assume that ***every*** client wanted help enough to change, that they would be honest and fully cooperative with the counselor. Unfortunately many have a tendency to manipulate, frustrate, and/or not cooperate. They come looking for sympathy or justification for the feelings they have about someone else, feelings that only contribute negatively to an already delicate situation. The counselor needs the courage to

confront, and discernment to avoid being vulnerable to power struggles, exploitation and failure. A good counselor may be deeply touched by the burden of his counselees, as the representative of Jesus Christ who is [Hebrews 4:15, (K.J.) "touched by the feelings of our infirmities."] One might feel continually sad, without the glorious hope that God has a plan [Jeremiah 29:11 "for good, not for evil - to bring us an expected end."] The strength of our assurance that God wants what is ***best*** for every human being, **is crucial** to the ***hope*** we plan to share with those who may be feeling hopeless and certainly feeling helpless, in a given situation.

In order to understand behaviour one must know what need is motivating that behaviour, what the person believes will help meet that need, and the goals they have set either consciously or subconsciously.

Counseling therefore, *must not focus on the symptoms*, but rather be sensitive to whatever underlying disorder caused the problem behavior. Often there is an internal conflict arising from external stimuli – confrontation, rejection, etc. In certain churches people are encouraged to come forward for healing, which addresses the **symptom** but not the **root** of their problems. Therefore pastors are frustrated when these people return repeatedly for healing, indicating some failure in the first attempt(s).

The danger is, everyone wants instant relief**. Lifestyle changes** are required to overcome patterned responses that lead to further emotional and physical pain. This latter requires a lot of work and discipline and the realization that sometimes discipline itself can be painful.

Specific and concrete behavioural goals are required for each client, within the boundaries of Christian belief. The client must be given the opportunity to choose treatment goals, from a variety of options, consistent with Christian faith. **Counseling advice should always be specific and do-able, dealing with the rational and volitional.**

5.CULTURAL DISTINCTIVES:

The Bible teaches innate sin. [Romans 3:23 "For ***all*** have sinned and fall short of the glory of God."] Around the world there are similar responses to greed, the need for control, because of mankind's sin nature. However, each culture has developed unique ideas about the value of persons, how and what one should worship, and the hierarchy of dominance within that society.

There is a tremendous need to stand in the shoes of others, in order to understand their philosophy of life, what their environment and experience have taught them about God and human relationships, trust and freedom. Respect for people, whomever they maybe, is crucial for building trust, individual trust and trust within the community. If a counselor hopes to reach the hearts of people, remember that poverty, unemployment, sexism, hunger and racism influence behavioural responses that are hard to understand, if one has never suffered deprivation or racial hostility.

In North American culture, and even within the church, there is an expectation that we will be free from trouble, if we live good lives. Prosperity theology is the Devil's lie, creating unrealistic hopes that health and wealth come as a result of living a *good* life. Certainly that is a Muslim philosophy too, given Islam teaches a religion of good works.

In North America, confidentiality is so important sometimes agreements are signed, regarding information divulged, that are so binding the counselor is not free to report threatening behaviour. In developing countries people do not want to be shut away in a room talking privately with a counselor – they often prefer to talk (even in Church) while disinterested people are milling around, and sometimes even wish to have a friend or family member with them during at least the first interview.

A missionary needs to focus on how to "be" a Christian in spirit and in truth, while giving respect to those in authority who are not guided by a sense of moral accountability to God. [Romans 13:1-2 "Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves."] Christianity will only succeed as it is *modeled* by those proclaiming Christ to be the way, the truth and the life! For those who are persecuted for their faith, this means responding in God's love, to their abusers.

Expectations determined by the culture dictate an understanding of who people are, the role of women and children, what constitutes happiness, how personal esteem is achieved, and ***if*** there is joy in one's belief about God. Provoked by a patriarchal dominance, often women are expected to cook and clean without help, work in the fields to earn money for the family, sew the clothing of that family, and carry food and water to the home. What options might relieve these women of the heavy burden they bear? Where would a counselor begin to help lighten the load these women are carrying? Often they are desperately afraid of anyone asking for change on their behalf.

In a male dominated society women seem to have few rights, but in Jesus Christ they have been seen to exercise a spirit of dignity while being subjected to indignities based on gender issues. In some countries men have forbidden their wives to meet together for prayer, fearing they will band against their husbands' leadership. Other religious governments control the free-thinking of their people and punish decisions to change their faith perspective, by persecution and/or death. Counseling done in these cultures requires profound wisdom and courage.

Another cultural distinctive is: some African societies require a large wedding where all friends and family are invited. Many couples live common-law because they cannot afford this traditional wedding. How would you counsel them about the Biblical standards for marriage?

Who is responsible for the up-bringing of children in a given culture? What are the cultural mores? How does the culture act towards their elderly, or those who are physically and mentally challenged? Do you understand the role of women and children in this society? i.e. What are the hopes and expectations of young women regarding marriage? education? working outside of the home?

How many wives might a man (including pastors) be permitted to have, in this culture? Are marriages arranged? What does love look like? How is love expressed? In some cultures where a man would not touch his wife in public, men hold hands walking down the street.

May women in Africa nurture their babies until they are between two and three years of age, tenderly carrying them on their backs all wrapped up in blankets. As soon as that child walks, many of those mothers begin to hit them about the head for misdemeanors that may seem to us, rather minor.

In some cultures there is no shame for a man to share household duties, or caring for the children, with his wife. In other cultures this would be a taboo. One African tribal taboo is that a man's mother-in-law may not hug him, sit near to him, or look him in the eye.

How does the social system work – on paper, in reality? For example: What support is there for an abused woman. Does that society endorse wife abuse? Is there any means of protection for a woman who is abused by her husband? Are there recovery groups or addiction centres for alcoholics or drug users. How can a Christian work within the system? What common ground do you share upon which you may build a solid relationship? How do cultural beliefs conflict with the teaching of Jesus. How do you deal with differing moral values? i.e. In some African cultures 1. a man should beat his wife to maintain supremacy in the home. 2. A man must have more than one wife, symbolic of his wealth. Children may be sold or traded to earn money for the family.

Demonic activity takes different shapes in countries around the world. Curses are still feared by Christians brought up in a milieu where the Witch Doctor has great power.

> i.e. One Christian woman's son died of an illness. He was taken into hospital for treatment and was recovering, when suddenly he worsened and died. She believed he had been cursed. The list could go on and on.

Sexual orgies in the name of worship may terrorize girls as young as ten years old. What taboos, superstitions and traditions might affect the direction of your counseling?

> i.e. It may be considered a sign of evil to bear twins.

The goal of counseling is to know as much as possible about the influences that create fear, anger, hatred among the people to whom counselors propose to bring spiritual, mental and social wholeness, as well as hope of eternal life.

We do well to note that the apostle Paul is an example of what the persecuted Church demonstrates to us today – that **one can be free while imprisoned**. A sense of freedom comes from our oneness with God, empowered by the Holy Spirit to endure, in His strength.

Anyone wishing to counsel in a foreign culture would be well advised to seek help from those living within that culture. This will prove their deep interest in how things are done, which things are taboo and, if the missionary is a woman, what in particular are the expectations of women and foreigners. Linking with the locals usually develops trust.

Survey Questions that would help to identify cultural distinctive: *exercise

Who is the head of the household?

The community?

Is there tribal warfare on the fringes of this society?

Is there an active witch doctor in the community?

What rituals are practiced out of fear?

What is the structure of the family?

What values strengthen family relationships?

How are children taught and where?

What is the role of women? Do they have a voice in decision-making?

What defines trust?

Are certain taboos taught that make friendship difficult?

6.UNDERSTANDING THE NATURE OF CHANGE:

"A sign of intelligent life is changing your behaviour after receiving new information." Dr. Daniel G. Amen

Within the Church Universal, there seems to be an obligation to maintain an image that all is well. Unfortunately many people wear masks to protect the Christian community, as well as to protect themselves individually. As a result the real struggles of human beings are seldom addressed, because of the inability, or lack of courage, to drop our guard and honestly face the tensions, lusts, resentments and fears that are destroying the church from within. This process robs us of personal and corporate joy.

Vulnerability to exposing the realities of human struggles has caused an apathy, a contentment with surface relationships that is neither real or satisfying, but rather is distinguished by the masks we wear. A pastor shocked his congregation by stating there is no sin in the Bible which he might not commit. He meant, of course, that he needed to be totally dependent on the Lord to keep him from *yielding* to temptation. Pride gives us a sense of self-sufficiency, which denies our vulnerability.

[James 1:23 "Anyone who listens to the word, but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it – he will be blessed in what he does."]

Until we see our real selves, as God sees us, we will not likely see a need for change. He has given us three vehicles that carry that knowledge to us:

- Scripture (Hebrews 4:12)
- The Holy Spirit (Psalm 139:23-24)
- The Body of Believers (Hebrews 3:13)

"The scriptures [through which is the only possibility of change,] never come fully alive until we bring all of who we are to its truth." Larry Crabb

As Christians we may need to ask some hard questions about sin. What is the purpose of sin? Why is it attractive? Who is vulnerable to sin? What is self-deception? What needs to change to free us from sin? **Discuss***

People, made in the image of God are volitional – they have the freedom to choose. While the influence of things outside of God's will impact the way we live, and how we perceive the human race, we find ourselves enveloped in confusion – unable to make good choices because we fear what people will think, we fear the consequences of making the wrong choice, without having a benchmark to guide us in decision-making. Godly standards and absolutes have been abolished in our generation. We have lost our compass.

Repentance might be called the cornerstone of spiritual change. In his sinful nature man *cannot* repent, but regeneration brought about by the Holy Spirit, leads us to the *consciousness* of our personal sinfulness, and rebellion against God. Repentance is always conjoined with faith; where there is true faith there will always be true repentance and conversely where there is not true repentance, there can never be true faith.

Real conversion begins with repentance, followed by other changes in thought, word and deed as we see opportunities to please God. Real repentance abandons styles of manipulative relating, in favour of risking involvement with those who have hurt you.

Some believers are so fearful of 'appearing' to be judgmental that they lack the courage to ensure an untaught, undisciplined babe in Christ, is guided along the way. Counselors, by the grace of God, will tenderly lead a wavering believer into a deeper walk with God.

Regeneration is the spiritual change in the heart and life of a person, brought about by an act of God, revealing to that person *how* he can respond to God in faith. Regeneration irrevocably alters his governing disposition, restoring him to a true experiential knowledge in Christ.

As we have seen, ***change comes from within*** – the danger of change being imposed by circumstances or external ideology, is that it will not last! **We need to hurt enough to want to change.** We need to be willing to let God change our perspectives, to guide us according to His will. It often makes us feel better if we can find fault, to blame and shame others, but really I am the only person whom I can change, and that, only with the power of the Holy Spirit.

If aberrant behaviour is a defense mechanism used to handle fear and tension in significant relationships, we may find ourselves experiencing profound loneliness, caught up in a cycle of hurt, defensive retreat, more hurt, more retreat. One goal of counseling in such a situation seeks to restore the client to spiritual wholeness, then to foster meaningful interaction with at least one other person, **which offers a safe setting** for trying new, non-defensive patterns of relating.

Life-style changes begin with our thinking, in particular how we view ourselves and God. There is a danger however, in believing a change of thought is all that is needed. Sometimes that leads to assuming a dogmatic position that is irrational and irritating. We need the transforming

power of the Holy Spirit! [James 1:25 "But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, ***but doing it*** – he will be blessed in what he does."]

The question of change begins with the question of who we are. Self-discipline is a fruit of the Holy Spirit, Who lives within us. The courage to discipline ourselves may start with something as seemingly insignificant as how much we eat. Success in one area of change will prompt us to explore more difficult challenges, such as giving up deceitful practices – living a lie, wearing a mask.

We often address the needs of others to change, but what changes has God made in our own lives lately that brings us a fresh appreciation of His magnificent power, and the hope that He will do for others what He has done for us? Believers need to be open to the glory of God!

Exercise:

1. **Who are you responsible to change?**
2. **How would you go about doing that?**
3. **Do you hunger and thirst after righteousness?**

[Psalm 42:1 "As the deer pants for streams of water, so my soul pants for You O God.

My soul thirsts for God, for the living God."]

4. **Can you leave the past behind or will you continue to be dragged down by baggage from that past?**

[Philippians 3:13-14 "….But one things I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."]

5. **Do you harbor resentment towards another person?**
6. **What part does forgiveness play in restoration of relationships?**

E, E, E, - Environment, Education and Experience impact cognitive responses and behavior. A counselor's interest, attention and approval provide powerful reinforcement for changes in client thinking and behavior.

7.NEED FOR COUNSELING

Larry Crabb suggests there are two major categories of problems:

a) Those arising from physical or natural causes

-depression, chemical imbalance, physical lesions, degenerative disease, menopause-related anxiety, learning disabilities caused by perceptual malfunction, early learning deficits, or drug related psychosis

b) problems arising fundamentally from moral causes

-related to chosen strategies, handling of life's struggles as seen modeled, conflict with a deep trust in the Lord, rebellion against obedience.

Counseling is about relationships, and the beliefs that motivate behaviours. We are living in a fallen world. Unfortunately, in the Christian community there is a theory that **good** Christians do not have problems. The fear of being judged for insufficient faith only leads to deception and further guilt feelings, as well as an aura of hopelessness, rather than being encouraged by the power of God's unconditional love, and the abiding presence of the Holy Spirit.

There is a fine line between setting effective boundaries which will enhance good relationships in an atmosphere of caring, and putting up walls that keep others out. Some people are too private, and fearful of retribution, if they are open about their feelings, while others don't respect themselves enough to realize there are some topics that one would not tell the whole world. They need to understand the quality of relationship that permits them to share, with the assurance that person will respect their confidence.

In counseling we are dealing with people who have experienced deep emotional pain. They need to know it is okay to hurt; it's even necessary to hurt. Emotions *should* be felt. Denial has no place in the life of a person who seeks to be real, to be all that they can be by developing their potential. Our reaction to emotional challenges draws upon our worldview, as well as upon our understanding of human nature.

Laws have been made to protect human rights, which carry to an extreme the probability of helping adults who are struggling with mental health challenges.

i.e. A woman was found in a catatonic state in the church washroom, after she was missing for days. Neither her family, nor her counselor could discuss her condition with the hospital staff until **she** was able to give permission.

In North America there is a rising awareness of the impact parenting has on children, on into their adult years. Counseling done at an early stage, where aberrant behaviours first manifest themselves, would prevent a lot of future problems.

Parenting is a whole topic unto itself. Here we will review a few characteristics that pass down from generation to generation as children experience what they come to believe is "normal behaviour".

> i.e. One Mom frequently took her family to spend the night at a motel, after which they would have breakfast at a restaurant. She tried to make this an exciting novelty. Her youngest child thought other kids did this too, but when she told her best friends at school about it, they looked at her as though she was weird. On those adventuresome nights her Mother subtly removed the children from the home when their father, a well–educated lawyer, began to get very abusive. It was not a normal situation, but for at least a couple of years her little girl thought that it was.

Sadly boys witnessing their Dad hitting or even beating their Mom while they are growing up, think this acceptable behaviour and treat their own wives abusively.

Birth order also influences our relational responses. Frequently older children take on leadership roles. Subsequent children feel more and more comfortable with receiving attention, letting others do things for them. Sometimes parents are too busy to notice the effects. However, children exhibiting withdrawal or belligerence, may need to see a counselor before bad habits are an established mode of response.

Transgenerational Patterns.

Children learn what has been modeled. "What you do speaks so loudly I cannot hear what you are saying" is an idiom that holds true for those who would teach children in any setting. Parent's attitudes are more caught than taught. Children reflect their parents to the world, whether or not they like what they see. Parents who speak of others with respect will be respected, but if they view other people with suspicion, they denigrate trust.

Children thrive where parents celebrate individuality rather than fostering a sense of competition, within the family.

Patterns of discipline are passed down from generation to generation. Is it OK to shout when you are angry? Is physical punishment required in order to be a good parent? At what point does that turn into physical abuse? Verbal abuse is often the forerunner of physical and sexual

abuse. Probably the acceptance of such behaviour, as normal, was modeled in the abuser's family of origin.

What is the difference between discipline and punishment? * Discuss

Do parents threaten punishments commensurate to the crime? Are they ***consistent i***n carrying out that discipline? Much has been written to remind us that parents need to make the tough decisions and to display "tough love" by setting reasonable boundaries, ensuring that children abide by them. However, discipline is secondary to nurturing. [Ephesians 6:4] Becoming involved with our children, loving them enough to spend time with them, teaching them by example about a heart of compassion, will eliminate most of the need for discipline. [Proverbs 22:6 "Train up a child in the way he should go and when he is old he will not turn from it."]

It is vital for your client to help you gather data about relational ***patterns*** learned from childhood. Over-functioning, or under-functioning, decision-making, negotiation or legalistic rules, blaming and shaming, and expectations, are the legacy passed on from generation to generation, that we will continue to pass on, if we do not break the cycle. One Mom who was a battered child, slapped around for every little thing, went to another extreme in *her* parenting and instead of daily discipline saved up misdemeanors until the child could not remember all she had done, and then had a big spanking.

Maturity: The goal of every parent surely is to see their child becoming a contributor to their society, to become mature by using their potential to the maximum. Many aspire to see their children grow independent, but that is not the end of the story. Maturity is achieved as one moves from ***Dependence*** to ***Independence*** to ***Interdependence:*** the ability to interact successfully with other people of different age, race and gender.

> "*Counseling that aims to promote maturity by encouraging people to give up their independence, and to trust the Lord, must concern itself with whatever elements in the mind are nourishing the commitment to independence*."
>
> Larry Crabb

Today many adults are still trying to "find themselves' seeking for meaning and purpose for their lives. The Christian belief system helps people to achieve a maturity which holds feelings and thoughts in balance. One's basic need for meaning and direction assumes a sense of personal worth based on forgiveness of Almighty God, through Jesus Christ our Lord! This requires a surrender of self – letting go of protective defenses in favour of dependency on

Christ alone. How would you help someone to let go of defense mechanisms they have been practicing since childhood and that are deeply rooted in a belief system based on fear? To continue growing in our faith, it is essential to join a community that will build us up in the doctrines of our faith, as well as in relationships with God and others.

Knowing the Truth:

In our world today, many people are confused about the issues of right and wrong. Where do our standards come from? Satan persuaded Eve that God did not mean what He said (Genesis 3:4) – that eating of the fruit would *not* cause them to die. Throughout human history Satan continues to tempt people to compromise on the truths of God's Word. He even tried that tactic with Jesus, who defeated the Devil's attempts by quoting scripture. Jesus prepared His followers for similar temptation: [John 8:31-32 "If you hold to My teaching you are really my disciples. Then you will know the truth and the truth will set you free."]

> False Doctrine: A woman freed from a cult said: "They taught me that the first thing I should concern myself about is ***my*** happiness. You have taught me that the first thing is to 'belong' to Jesus. That makes me feel safe." Feeling safe secured her happiness also.

God's unchanging reality helps us to define ourselves in relation to Him. [Palm 119:2 "Blessed are they who keep His statues and seek Him with all their heart."] Satan continually attempts to thwart that reality. God reveals His truths in order to set people free, to strengthen them to cope with every situation they will have to face, because He is walking with them and they are not alone.

Satanic Ritual Abuse: In 1992, writing under a pseudonym because of his own past as a victim of Satanic Ritual Abuse, Daniel Ryder writes about the opposition of Satanism to traditional Judeo-Christian values, exhibited in rebellion against authority. He reveals influences that attract recruits as young children or older, and the monitoring of cult members through a code of silence. **Mind Control** creates fear, fear of circles, fear in relationships, fear of abandonment, fear of authority. Victims experience self-abusive behaviours, obsessions and repulsions as well as problems with sex, exaggerated co-dependencies, lack of trust, dissociation, when mental activities break away from the mainstream of consciousness and begin to function as a separate unit. Therapists see symptoms of phobic dreams, addictions, long flashbacks, family dysfunctions and negative excitement.

When someone is suspected of being tied to SRA, diagnosis can be made through drawings, reactions to supernatural films, or through dream therapy. Symptoms may recur – the victim is a work in progress. The 12 steps for abuse survivors is a pattern useful in support groups. Great

is the trauma of physical, sexual, mental, emotional and spiritual abuse under a "deified" leader! The leader often involves the victim in "criminal violence", with "total disregard for personal boundaries and human worth." Editor's note Daniel Ryder

It is shocking to know that in "civilized North America" children may be buried alive, then raised to serve Satan, murdered sacrificially, or brainwashed to take part in killings. Depression, thoughts of suicide, and explosive rage, are common reactions to either teen satanic cults or even sophisticated, transgenerational cults, whose leadership may look like ordinary people. They may even be in positions of authority. Certain children may be ear-marked for specific roles in a trangenerational cult.

Today because of improved counseling techniques, long-term abuses are being unearthed as the client gets in touch with their memories. "Memories too horrible or frightening to deal with can be suppressed in the unconscious." Daniel Ryder

Case Study: During a group session, a woman describing a flashback said she watched while an infant, during a cult ceremony, was cut open. She, at the age of six, was forced to put her hand inside the incision, while the cult members chanted to Satan. She knew it was not safe for her to rebel, get sick, to get hysterical. She had to go numb. Recounting this story, she began to shake and retch, the she cried convulsively. Daniel Ryder

David Seamands says "Memories are not simply mental pictures of the past. Rather they present experiences of the total person….feelings, concepts, attitudes and behaviour patterns. Thus they tend to make us repeat those actions which accompany the pictures on the screen of our minds." "Healing of Memories" Preface

Dabbling with the Dark Side almost as though it were a game, one of the hardest facts to overcome is denial – denial that any harm can come of it and no one should take it so seriously. However, gradually communities of "mental health professionals, teachers, law enforcement officers, religious leaders, survivors, families and friends [see] SRA as a multifaceted problem that will necessitate a multi-faceted solution." Daniel Ryder

Boundaries:

Dr. Henry Cloud and Dr. John Townsend co-authored a book on Boundaries. They believe this is one of the most serious problems facing Christians today. A lack of boundaries produces the effect of being martyrs - being there for everyone else's needs. The result often is resentment for being manipulated by others, when really it is their choice to say "yes" or "no". Unfortunately today children are less used to responding to rules, developing the attitude that life would be unfair if it limits what we want to do.

Confronted with lack of boundaries, the following are questions often raised: Test yourself *

" 1. Can I set limits and still be a loving person?

2.What are legitimate boundaries?

3. What if someone is upset or hurt by my boundaries?

4. How do I answer someone who wants my time, love, energy and money?

5. Why do I feel guilty or afraid when I consider setting boundaries?

6. How do boundaries relate to submission?

7. Aren't boundaries selfish?" Drs. Cloud and Townsend

Biblical boundaries require an accurate understanding of Bible teaching on the issues of boundaries – "*what they are, what they protect, how they are developed, how they are injured, how to repair them and how to use them"* in order to relate to one another and fulfill the purposes of God. Drs. Cloud and Townsend

Exercise: Find References in scripture with which to teach about boundaries.

Co-dependency: It should be easy to define codependency if we understand what dependency is all about. It occurs when 2 people lean too heavily on each other.

> *"Codependency is a self-focused way of life in which a person blind to his or her true self continually reacts to others being controlled by and seeking to control their own behaviour, attitudes and/or opinions, resulting in spiritual sterility, loss of authenticity, and absence of intimacy."* Nancy Groom

On the surface it seems remarkable that there should be such togetherness, but deep down the needs are complex, and sadly, very destructive to relationships. Often it obliterates the ability to interact successfully with a group of friends and therefore may become quite isolating. There is a powerful fear-factor, and untold guilt feelings. Often one side of the twosome is compulsive, addictive and abusive, leaving their partner feeling fearful, helpless and totally inadequate.

"*Many Christians can't admit they're gripped by a compulsive dependency. They conceal their addictions and maintain a whitewashed "Christian" image to protect their "spiritual" reputation, instead of grappling authentically with the dark side of their soul."* Nancy Groom

They are afraid of keeping up a witness to the world, forgetting *"the world needs to see honest strugglers not pious pretenders."* Nancy Groom

After learning someone else had been recovering from co-dependency for ten years and felt that they would always struggle with these issues for the rest of her life, was significantly discouraging to a person who hoped they would be cured in ten months!. However deep their dismay, the new member of the support group gradually found there was a blessing side, compensating for the fear that she couldn't endure such misery that long. "*I began to taste God's comfort and presence in exchanging my old co-dependent strategies one by one for the terrors of grace*" There are risks involved in surrendering to God's control. She went on to say "*I grew to hope I would not just survive but would actually find Life."* Nancy Groom

Counseling itself risks becoming a co-dependent relationship unless handled with very carefully established boundaries. Counselors need to understand *"codependency moves more or less predictably through stages of longings, loses and pretense."* Nancy Groom

Denial of such problems is crucial to the health and testimony of the Church.

Healing may be facilitated by going through the 12-step program adapted from Alcoholics Anonymous: <u>The Twelve Steps for Christians</u>

1. Admitting our powerlessness. [Romans 7:18 "I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good but cannot carry it out."]

2. Believing that God can and will restore us to sanity [Philippians 2:13 "for it is God who works in you to will and to act according to his good purpose"]

3. Making a decision to turn our will and our lives over to God. [Romans 12:1 "Therefore, I urge you , brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship."]

4. Make a searching and fearless moral inventory of ourselves [Lamentations 3:40 "Let us examine our ways and test them, and let us return to the Lord."]

5. Admit to God, to ourselves and to another human being the exact nature of our wrongs. [James 5:16A "Therefore confess your sins to each other and pray for each other that you may be healed."]

6. To be entirely ready to have God remove all these defects of character. [James 4:10 “Humble yourselves before the Lord and He will lift you up.”]

7. Humbly ask Him to remove our shortcomings. [1 John 1:9 “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”]

8. Make a list of all the persons we have harmed and become willing to make amends to them all. [Luke 6:31 “Do to others as you would have them do to you.”]

9. Make direct amends to such people wherever possible, except when to do so would injure them or others. [Matthew 5:23-24 “Therefore if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. Go first and be reconciled to your brother; then come and offer your gift.”]

10. Continue to take personal inventory and when we are wrong, to promptly admit it. [1 Corinthians 10:12 “So if you think you are standing firm, be careful that you don’t fall.”]

11. Seek through prayer and meditation to improve our conscious contact with God. [Colossians 3:1 “Since then you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.”]

12. Having had a spiritual awakening as the result of these Steps, try to carry this message to others and to practice thee principles in all our affairs. [Galatians 6:1 “Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.”]

Suicide: Writing “The Courage to Heal”, Ellen Bass said “*I was stunned by the number of women who had been sexually abused.”* Many of these women who survive live “*in a state of raw, unparralled terror.”* For others it is impossible to survive, and suicide becomes their only option. Dealing with painful emotional issues can develop a powerful aura of self-hate. Children who are constantly compared with other and found deficient, children who have never been allowed to be children, adults who suddenly remember things from their past, people who begin to realize the impact of their addictions on family and friends and more , come to an emotional crisis for which there seems only one way out – suicide. *“The only way out is through, honey, I’m sorry” “There’s more than anger, more than sadness, more than terror. There’s hope.”* Ellen Bass

The danger of such mind-numbing emotional pain is the loss of perspective. Hope seems gone, but this can be found in support people who are sensitive, present and caring. Biblical Counseling can restore a positive perspective as we see all that God has done for us and the potential He built into each of us, to give us courage and strength to overcome what might seem like impossible odds.

Common Misconceptions Today:

I can keep myself on the right path without help from anyone else.

Reading the Bible and praying are sufficient for spiritual growth – I don't need to go to church.

I'm strong enough to handle an intimate relationship with a non-believer.

8.THEOLOGY : is **the study of God**; understanding who God is,

how He thinks,

what He commands.

God, our Heavenly Father sees every aspect of life, and acts according to that bigger picture. We, on the other hand only can see what is immediately before us and often become self-centered, thinking life is all about "me", forgetting that for every experience that seems senseless or blatantly evil, God is still accomplishing His greater purposes for all mankind.

The counselor who clearly understands the Scriptural perspective on people, problems and solutions has a unique value, as a Christian counselor. All nonbelievers have their own cultural values and life experiences that have shaped them. It is dangerous to hope that by compelling them to seek God we require them to reject everything they know. Rather we need to deal with them as they are, to meet them at their point of need, in order to earn the right to be heard, and to model what it means to live the Christian life!

Foundational:

"I am the way, the truth and the life. No one comes to the Father but by me"

Jesus Christ - John 14:6

In classes I have taught overseas, I discovered it is imperative to ensure a basic understanding of what it means to be a Christian. Too often evangelism has not been followed by discipleship. People without scriptures in their hands, or who perhaps cannot even read, need to be grounded in their faith before they can assume the role of a Christian leader. It has been thrilling to me to see the depth of knowledge given by the Holy Spirit to men and women who have had even the smallest advantages supplied for learning scripture!

DOCTRINE: (I have used Flashcards for topics below)

God calls: [John 10:3] "He calls His own sheep by name."

1 Thessalonians 5:24 "The One Who calls you is faithful and He will do it." (Sanctify you)

Repentence: Acts 17:30 "God calls all people everywhere to repent."

2 Corinthians 7:10 "Godly sorrow brings repentance that leads to salvation and leaves no regret."

Becoming a Child of God: Romans 8:16 "The Spirit Himself testifies with our spirit that we are God's children."

John 1:12 "But as many as received Him, to those who believe on His name, He gave the right to become children of God."

Deliverance: Psalm 37:39-40 "The salvation of the righteous comes from the Lord. He is their strength in time of trouble. The Lord helps them and delivers them."

Matthew 6: The Lord's prayer "…but deliver us from evil."

Free in Christ: Romans 6:18 "You have been set free from sin and have become slaves to righteousness."

John 8:32 "Then [if you are My disciples :31] you will know the truth [I am the way, the truth and the life. John 14:6] and the truth [Jesus] will set you free."
Galatians 5:1,13

Indwelling Holy Spirit: 1 Corinthians 6:19 "Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you received from God?"

2 Corinthians 1:21-22 "Now it is God Who makes us stand firm in Christ. He set His seal of ownership on us and put His Spirit in our hearts as a deposit."

Power: Ephesians 3: 20-21 "Now to Him Who is able to do immeasurably more than all we ask or imagine, according to His Power that is at work within us, to Him be glory in the Church."

2 Corinthians 13:4 "He [Jesus] was crucified in weakness, yet He lives by God's power. Likewise we are weak in Him, yet by God's power we will live in Him to serve you."

Peace: Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later on however, it produces a harvest of righteousness and peace for those who have been trained by it."

Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members in one body you were called to peace."

Victory: 1 Corinthians 15:57 "But thanks be to God! He gives us the victory through our Lord Jesus Christ."

1 John 5:4 "For every one born of God overcomes the world. This is the victory that has overcome the world, even our faith."

These may be very basic beliefs, but in countries where new Christians proclaim themselves as pastors without training or resource materials, there is a grave danger of developing false doctrine. Therefore it is essential to review what a class studying Christian counseling knows, and believes. I have had pastors join little study groups designed for women, who have thanked me profusely for teaching them things they did not know.

Sadly I have watched people pray in a manner that looked exactly like an invocation of evil spirits – as though they had just shifted their form of worship from one God to another. Calling out with writhing, throwing themselves upon the ground, and screaming – this behaviour can go on endlessly. In one situation I called the local leader to bring it to a stop. She glared at me out of glazed eyes and I realized she had gone into a trance-like state. These dear people needed to be relieved from their pain by understanding the peace and joy that comes when we pray in Jesus' name!

> ***"Waiting upon the Lord is one of the wisest, most important decisions we make in life. And contrary to popular assumptions, it is an active endeavour that requires faith, humility, patience, and courage. When you rely upon God and wait for His timing, the various facets of life fall into place."***
> Charles Stanley

9. An Effective Counselor

The number one criteria for taking counseling training, is for the person applying to be emotionally stable and spiritually mature.

Counselor – client relationship:

N.B. Respect for other individuals is a defining principle of counseling. It is wise to remain as objective as possible, in order to gain their trust and respect. Self-disclosure on the part of the counselor must be discreet. The counselor's baggage must not become an issue for discussion.

Clients:

Although emotional or personal problems can make it exceedingly difficult for people to be responsible, one of the earlier goals in the counseling relationship is to avoid blaming others for situations in the client's life, because it is self-defeating to do so.

Motivation for Counselling:

One may safely assume that counseling is one of the most effective ways to minister love and caring to individuals experiencing emotional, social or spiritual pain. Indeed it is also one of the most significant opportunities for the church to evangelize and disciple people in the community. It is important however, to evaluate if at all possible, one's motivation, beyond a **sincere desire** to help people grow in their faith.

Many people are motivated to meet needs for **altruistic** reasons. Motivational energy is released though the mind, causing one to believe that they can help, in given situations, by directing behaviour towards a certain goal. A counselor with low self-esteem tends to minimize his or her own feelings of insignificance or insecurity, in order to protect their need to appear strong and in control. Working in any helping relationship can provide those feelings of power and control.

Curiosity – a need to be "in the know", is a negative reason for becoming a counselor and may interfere with one's effectiveness in keeping information confidential. There is an intimate bond that develops when sharing the deepest longings of the heart, unless the counselor remains very professional. Here too, a balance between professionalism and warmth that provides genuine interest, must be maintained. Sometimes it is hard to maintain that balance, especially when the counselor carries baggage from former relationships, and unwittingly seeks to have their own needs for intimacy fulfilled through counseling.

Some personalities feel the need to **fix things**, to rescue people from disaster, to protect. The goal of counseling is to build on the potential of an individual, until maturity enables them to manage their own problem-solving. There is a great danger when the counselor feels excitement, power and eventually pride, in being helpful. This may insidiously lead to a co-dependency between counselor and client.

Some people like to **study people**, vicariously enjoying personal therapy. They like to look wise and knowledgeable.

Compensatory motives: opportunity to express assertiveness in spite of real timidity, participating in another's growth while experiencing personal growth of their own.

Our only motivation to counsel people should be our **response to the call of God**, with a strong desire to glorify Him with obedience, courage, patience. [Matthew 19:19 "…love your neighbor as yourself"] - to please God in all I do and say; to share the comfort with which I have been comforted [2 Corinthians 1:3] – to be real.

[Galatians 6:1-2 "If someone is caught in a sin, you who are spiritual should **restore** him gently. But watch yourself, or you also may be tempted….. **Carry each other's burdens** and in this way you will fulfill the law of Christ."]

Characteristics of a Good Counsellor:

1. Warmth / compassion
2. Psychologically stable and spiritually mature
3. Genuineness (interest in people) tactful
4. Empathy (alert to own feelings and motives).
5. Communication: the ability to listen well enough to learn another person's words and observe body language…where are they coming from and what are they trying to say?
6. Absence of immobilizing conflicts, hang-ups and insecurities
7. Balanced
8. Responsible for self and others – avoids burnout
9. Openness/ honesty/integrity/maintains confidentiality
10. Knowledge of the field of counseling
11. Availability/flexibility
12. Ability to identify with others
13. Loving
14. Accepting

Danger: Counselor Burnout: Prevention is much easier than cure! Balance in lifestyle must be maintained since the work of counseling can be emotionally and physically draining. Provision for times of renewal spiritually and emotionally must be promoted by employer(s). The support of prayer partners, meeting with groups of counselors who share their challenges on a regular basis, knowing family and trustworthy friends are behind your work, are essential components for good health and well-being.

Qualifications:

1. A Believer committed to Lordship of Christ: Believer, Goodness, Caring, Knowledge of the scriptures, Wisdom, Discernment from Holy Spirit, Sensitivity
2. Biblical scholar/correct doctrine
3. Heart for people who are hurting/tough love/servanthood
4. Student of human behaviour

a) A Person Connected with **God**
–starting point – Scripture "The Word of God is the Will of God
-believing, bold, intentional, specific

Prayer – implication: power that is available
-places us within the will of God
-attitude of humility and dependence on God (Philippians 4:6)

b) A Person Connected with **Self**: Empowered by the Holy Spirit [Galatians 5:22-23]

-understanding what it means to be made in the image of God
-recreated in the image of Christ [Galatians 2:20]
-self-confident, comfortable within ourselves, as God made us
-self-respect/individual qualities and potential; loving our neighbor as ourselves

Gifts :

Teacher, helper, preacher, encourager, prophecy, healing, discernment, interpretation, miraculous powers, wisdom, knowledge, faith, administration, evangelism, hope and love. (Ephesians 4, 2 Corinthians 13).

Which is the most important?

[1 Corinthians 13:13 "…….But the greatest of these is love."]

Counselor's Role - A counselor's role is to comfort, to provide a safe environment where the client feels free to tell their story and to express their feelings, with assurance they will not be judged. The counselor is also responsible for pointing out there are options for healing in relationships. If there is confusion about their role, the counselor may become vulnerable to deception and manipulation. Counselors need to focus on concrete rather than ambiguous situations.

i.e. "I want to be happy" **or** "How can I control my anger when criticized by my spouse?"

Counselor's Ethics – scripture becomes the ultimate standard against which all ethical decisions should be measured. The believer, whether client or counselor, is accountable to God for living, and acting, according to Biblical principles. If a client reveals they have broken the laws of the land, to whom is the counselor responsible regarding that confidential information? Probably in the initial interview it should be clarified that the integrity of the counseling process may require disclosure of anything that is potentially harmful to the client or to others. Sexual attraction is not uncommon when the client and counselor are of opposite sexes. Accountability can be a protection for the wise counselor. Theological truth is that sex outside of marriage is sin. Permission might be granted at the outset, for consultation with other qualified counselors in order to reach a resolution on ethical issues.

Counseling Goals:

"The chief end of man is to glorify God and enjoy Him forever."

Westminster Catechism

N.B. It is Satan's lie that by becoming a Christian all will go well. Following God may entail suffering, but He promises sufficient grace for each trial (2 Corinthians 12:7-9) along with His abiding presence. We need to recognize another of Satan's lies, that we are sufficient within ourselves, as Frank Sinatra glorified in one of his most popular songs, *"I Did It My Way"*

Again, the goal of counseling is to review options for more effective relational problem-solving, since "doing it the only way they know how, is not working.

Goals:

1. "A ***personal relationship with Christ*** *is a necessary foundation for thoroughly and competently dealing with all problems, psychological or spiritual."* Larry Crabb

2. Charles Stanley suggests the community of **believers needs one another**. *"The Lord sees high purposes in our 'one anothering' …….which cannot happen unless Jesus is an intentional and integral part of the time we spend with our spiritual brothers and sisters."*

3. The general goal of therapy is to create conditions for learning and re-learning.
   [2 Corinthians 5:17 "You are a new creature in Christ…."] To **clear blocks of mis-belief**:
   "I can't". "I won't". "They should". "I would be happy if…….".

4. [Ephesians 4:12-13 "To prepare God's people for works of service so that the body of Christ may be built up until **we all reach unity in the faith** and in the knowledge of the Son of God and **become mature**, attaining to the whole measure of the fullness of Christ."]

5. To maintain a **focus on how your client responds to life**, not on how life is treating your client, as you promote self-understanding, communication, behavior changes, self-actualization.

6. To **protect your client from re-injury** by self or others.

7. To **empower the client** to a position of strength by valuing themselves.

8. To teach them when to say "yes" and when to say "No".

Psychologist Dr. Siang-Yang Tan suggests that Counseling Goals might include the following:

"Changing behaviours and attitudes

Challenging defenses or psychological masks.

Developing values, standards for which one is willing to be accountable

Teaching social skills to enhance relationships

Encouraging the appropriate expression of emotion

Giving support in times of need, when struggles re-surface

Instilling Biblical insights

Teaching responsibility

Stimulating spiritual growth

Training clients how to mobilize inner resources during times of crisis."

The Vanderbilt Psychotherapy Study suggests that the degree of involvement of the client, in the process, is commensurate with the success of counseling.

An effective counselor is one who knows their limitations. One should never attempt to play psychologist with a client in whom it appears there may be a mental disorder. It is wise to call for a consultation at the very least.

10. Principles to Live By

a) When ministering to people of any culture the primary attitude must be that of a **servant.** One doesn't go to deride what they are doing in order to live under difficult circumstances, but rather to celebrate the successes they have had in coping without those many things we take so much for granted. Jesus came to serve.

b) Another principle is to always **do what is loving**. Love serves the best interests of our clients.

c) **Principles of thought**:

> "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things." [Philippians 4:8]

d) One should be free to **express every feeling** in a way that will advance God's purposes.

e) **Discipline** begins at home – with me.

f) Trusting Christ means walking in **obedience!**

g) **Restitution** for Wrongs (Zaccheus' example – Luke 19:8)

> *"Restitution demonstrates repentance by taking action to make amends with the person you have wronged….. It is an act based on both obedience and desire…… Zaccheus was so inspired by Jesus' love, righteousness and unconditional acceptance of him that he was actually excited about publicly amending his past wrongs!"*
> Charles Stanley In Touch August 2012

Might it be reasonable to suppose someone who makes restitution may be someone you could trust?

h) **Forgiveness:** Will be dealt with at length later in the manual.

It is extremely important for the client to recover from childhood traumas. Facing the experience and dealing with it through the process of forgiveness, will enable them to let go and regain a trusting attitude, with an understanding of how boundaries will work to protect them for future hurt.

For example:

A mature Christian woman, a leader in her church and community, struggled with chronic depression. She also put up walls, only allowing people to get so close. As a result she seemed unable to receive love and to trust others. Ashamed of her struggle she worked hard to hide it, but eventually a family member realized she needed help to be the person God created her to be. Where did her problem come from? Hidden far in her childhood were roots of verbal and physical abuse. She had indeed been a battered child. It took years for her to work through the process of forgiveness, but because she had experienced the forgiveness of God in her own life when she became a Christian, she was able to extend forgiveness to her abuser. Eventually she was able to care for that person in her home, in their old age.

i) Building Trust: What does trust look like – **topic for discussion**. *

People who grow up in homes where there was balance, consistency, celebration of individuality, a place where they were trusted with responsibility, become trustworthy adults. People who are trustworthy are usually comfortable in their own skin and therefore less suspicious of others.

Whether a client is a professing Christian or not, the values of the Christian faith will help them to **assume responsibility** for their own behaviours, as well as for their reactions to the actions of others.

j) Law of boundaries: Principle of proactive vs reactive boundaries.

Maturity grasps good motivation – are you being victimized externally, or do you have a victim identity/mentality? So often without realizing it we re-victimize ourselves.

Exercise:

a) What can protect a woman who is being harassed by a man who wishes to marry her?

b) Who can protect a woman who is divorced, yet enjoys the hope that her ex is still interested?

c) Do you have the freedom to let go instead of forever correcting a past wrong? Boundaries often begin with our ability to protect ourselves from over-reacting to irritating situations.

d) Is your life ordered by what someone else is doing to you, or thinks about you? You need to look inward to take responsibility for your own misery.

Example: Your client was hit by a truck and broke their leg. Who can undo the damage to that leg? The client has to do the therapy to make the muscles stronger in the recovery process. Recovery is work!! So it is with emotional pain and victimization. So often we re-injure ourselves in the belief someone else should pay for our suffering. Our position in Christ gives us grace to endure.

e) Can we turn envy into gratitude? There is an inner quality that enables people to see what they do *not* have and appreciate it.

3 signs that we are not communicating our boundaries properly:

1. Grumbling and groaning

2. Explosions

3. Victimization and re-victimization of self.

k) Conscience: "*Your moral compass is only as reliable as the principles with which you program it.*" Charles Stanley In Touch Oct. 2012 God's principles, learned through Bible reading and **application** of what you read, through the power of the Holy Spirit will make your conscience an effective tool in the hand of God.

Summary of Section One

A counselor needs to understand human beings, the inner workings of their temperament and personality in the development of character, and attitudes, beginning with an understanding of themselves, what irritates or excites, what creates positive and negative passions? A counselor who is balanced, with a strong self-image, drawing daily strength from God, has much to offer those who are struggling, feeling lost and hopeless.

Exploring basic processes governing thoughts, and conduct, as well as principles of behaviour and ethics, reveals our perspective on life and the people groups in our world. It was impossible to go into details of cultural distinctives in this manual, but anyone attempting to help others must work to understand what shaped them. Regrettably sin colours the relationships of all humans and in civilized, as well as in developing cultures, demonic activity may be seen.

God gifted each person with the ability to make choices. When life is not going as well as we would like we often blame others, but in order to change, we need to want to make the first changes from within ourselves. The power of the Holy Spirit makes it possible for the restoration of our relationship with God and man, freeing us ultimately from those thoughts and behaviours that are so destructive in relationships.

Counselors have the opportunity to teach how to recover from emotional pain, setting boundaries to prevent future pain. Together, counselor and client need to review lessons learned from transgenerational patterns in the home, using Biblical doctrines to understand the plan of God for each of His children.

We reviewed the motivations, qualifications, ethics and goals essential in a person who wishes to help to resolve painful issues in the life of another. Integrity, humility and compassion plus the need to have dealt with their own fears and inadequacies, are crucial to becoming a counselor.

Principles of living must be modeled. Forgiving, trusting, positive thinking, and a servant's heart do not happen without a good deal of self-discipline. It produces hope when we see others working to overcome detrimental attitudes, or to relearn characteristics that will make them more loving towards other human beings.

Section Two:

11. Feelings

Expression of emotion is a healthy thing according to Psychologist Larry Crabb. Feelings are given to us as a package.….they include the whole spectrum from positive to negative. Emotions are morally neutral; it is what we do with them that makes the difference.

i.e. Jesus was **Angry** but He is without sin.

Feelings are largely responsible for the relationships we hold precious, as well as those which are a constant source of irritation. It is vitally important for those training to be counselors, to understand why the client is feeling and behaving as they do, if they are to help them recover from relational traumas. One of the first priorities is to help them to take ownership for the way they work through feelings….what are the thoughts going through their minds, at a time of explosion, for example, and how might they re-think the situation?

Why do we do what we do even though we consciously may not want to? [Romans 7:19-21 "For what I do is not the good I want to do – this I keep on doing. Now if I do what I do *not* want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work. When I want to do good, evil is right there with me."] Feel the Apostle Paul's frustration!

*** Discuss** What causes Emotions to become constructive or destructive in our lives? How do we respond to painful events, or disappointments? What reactions are acceptable, socially? Do we feel personally threatened in given situations? Why? Where can we turn when enduring profound emotional pain?

If our approach is negative, we put up walls to protect ourselves from being hurt in that same way again. Those walls may cause us to be hurt in other ways. In our deepest sadness we, who know Jesus Christ, can regroup in His strength, with the certainty of His purposes for us individually. Feelings shared in a compassionate environment are not nearly as painful as those endured in isolation.

Love:

* Dialogue in groups of three What does love look like? Is love optional for the Christian? Why or Why Not? How was love expressed in the culture in which you grew up?

Love begins with an understanding of God's love. It is not a gift. *Faith* is the gift of God, but love is His ***essence,*** pure, constant, deep. Appreciation of ourselves – not conceited, but humbly acknowledging we were being shaped by Almighty God into something very unique, in order to accomplish **His** purposes, motivates us to love ourselves. **Only as we have received God's love for us, are we able to truly love others.**

Love is the symbol of Christianity. Christianity is the only religion where we see God reaching down in love to ransom His own people. Identify the qualities we learn from these examples:

a) Jesus washing the feet of the disciples b) Jesus' persistent wooing of Peter despite his rejection. c) Jesus weeping over Jerusalem for their refusal to accept the peace He offered as God's Son. (Luke 19:41) Humility, perseverance, and sorrow all play a part in that relationship we call love. Did any of these come up in your discussion about what love looks like?

Agape Love is altruistic; believers are called to love everyone that way, selflessly. **Love is the determination to do what is for another's ultimate good**. Lust satisfies ***my*** wants and needs, regardless of how another person feels. True love is protective:

> [1 Corinthians 13:4-8 "Love is patient; Love is kind. It does not envy; it does not boast. It is not proud; it is not rude; it is not self-seeking. It is not easily angered; it keeps no record of wrongs. Love does not delight in evil, but rejoices with the truth. It always protects! It always trusts. It always hopes and perseveres. **Love never fails."]**

Unfortunately we are conditioned today to love for what we will get out of it, rather than for what we can give. People do not always know how to respond to genuine, caring love. Lust so often replaces love. We have a safe-guard against lust, as believers. [Galatians 5:16-18 "So I say, ***live by the Spirit, and you will not gratify the desires of the sinful nature***. For the sinful nature desires what is contrary to the Spirit, and the Spirit, what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want."] Implicit in Paul's thought is that Christians have the capability of doing what is right, if they live by the Spirit. Paul goes on later in that chapter (5:19-21) to list the acts of the sinful nature so that we are in no doubt about what lust is.

Case Study: An unmarried Christian couple yield to the temptation to indulge in premarital sex. After all they were going to get married. After many months the marriage plans fell through and the lady comes to you with a broken heart, for counseling. Can they remain friends? Can they continue to work together in Christian service? In small groups, plan how you will minister to her needs, step by step.

Who does the Bible tell us we should love?

a. b.

c. d.

e.

* **Discuss:** How will you convince someone who struggles with intimate relationships that **real love embodies discipline, peace, purity, patience, respect, truthfulness, appreciation, sacrifice, trust, joy, forgiveness, faithfulness?** It takes much discipline and work to break bad habits**.** How can you as a counselor motivate your client to become more loving?

Forgiveness is often very difficult. **How might it factor into the process of learning to love another person?**

Exercise: Your client might draw a picture that tells what love looks like to them, or write a short essay on the subject of love. Together you would review these and look for ways of adding new thoughts to the project. In class you will break off into pairs to do this exercise.

Love is described as the evidence of maturity. Maturity may be less related to perfection than it is to that awareness of our own *imperfection,* which causes us to become dependent upon God. Rather than being preoccupied with self, the mature person reaches out to others, promoting peace and harmony wherever possible.

Warren Wiersbe tells of a derelict woman found lying on the street by a Salvation Army worker who invited her into their chapel for help. The woman refused to move. Reassuringly the worker told her that Jesus loved her and so did she. Still no response. The Helper leaned down to kiss her on the cheek and gathered her into her arms where the woman began to sob like a child. 'You told that God loved me….but it wasn't until you showed me that God loved me, that I knew what you meant'.

[Philippians 2:7 "He made Himself nothing, taking the very nature of a servant"]- rather than grasping at what was rightfully His – status etc. Even in the midst of warfare, mature people have an inner peace – they are comfortable with who they are ***in Christ***.

[Matthew 19:19 "Love your neighbor as yourself"] Discuss *** in small groups**

Love is not only words but actions; we saw the greatest love crucified to the cross on our behalf. How far are we willing to go to demonstrate His love to others? Small steps eventually will accomplish the goals you and your client have set; remember they must be **do-able**!

Case Study: A father of an adult son consistently conveyed to that son he does not love him. Although the Father is not being fair, the son feels more sad than angry. Is it likely the son may yet win that love? What course of action should the son take?

Fear and anger sometimes go hand in hand. There is a global concern for young men and women who are being sold by, or snatched from their families. Fear and helplessness colour the world of several Asian and African countries, where this is most prevalent. Anger at such injustice is beginning to surface, as more is known about this secret industry.

The desire to purchase sexual acts has become a business, sometimes brought about by patriarchal control of women, or a total loss of respect for the personhood of women, as a class of people. This industry is used as a tool of oppression, along with male violence. Some have been sold as young as 5 years of age, and girls bring a price of anywhere from $10.00 to $100.00. Among Romanian gypsies, girls are trained to steal and rob. Those who are the best at it, bring a much higher bride-price when they are sold from the age of **ten** and up. Saudi Mufti has pushed the age of child brides to **ten** years.

In January 2006 human trafficking and the global sex trade comprised the third largest and fastest-growing international crime industry, after arms and drugs. In 2012, in the USA it is estimated that 100,000 children are victims, per year; in Africa the figure might be as high as 1.2 million children who are captured for this latest form of slavery. The prostitution industry is expanding in a free-market economy where women and girls are seen as highly saleable commodities. Today there is a desensitization to what the sex industry offers, due largely to a greater access to pornography. Sadly, even Christians are addicted to pornography!

Vulnerable to recruitment are those who are unemployed, living in poverty, with low self-esteem because of learning disorders, lack of education and professional opportunities. They naturally desire a better life! "**If it looks too good to be true, it usually is**". Their personal

history of sexual, physical or emotional abuse, or as a person with a history of alcohol and drug abuse, makes them an easy target. The prospective victim is offered a good job, education, and marriage. Sometimes the pimp will marry the girls, though it is questionable if it is an authentic marriage.

Both boys and girls are exploited. The reality is that children are often drugged to make them compliant. Traffickers beat, starve, and rape their victims. They are kept locked up, isolated without hope of any outside contact. Their ID cards are taken away, and their families are threatened with death or injury. They are not given wages, subjecting them to debt-bondage owed for traveling and living expenses. Suicides often take place in these hovels, where they are given no hope for that "better life"".

While visiting schools in Zambia we were shown some very appealing literature promoting great opportunities for a better life, being passed throughout the schools. At assemblies we would counteract these lies, so that the students would be aware of the dangers, and hopefully decline such invitations. The question is **"How can we stem the tide of such evil?"**

Anger :

No human can ever say they have ***never*** been angry.

> *"Anger is an intense emotional reaction all people have felt in response to a variety of situations….usually an unpleasant, emotional feeling that is hard to control."*
>
> Mark Cosgrove

Clients think of anger as sinful *"because it is frequently attached to hostile thoughts and explosive behaviours." "Counselees also tend to lose hope for change, because they lose sight of the thinking and behaving components of anger and focus on the physiological surge of emotional arousal."*

"Anger is a natural response to stress and frustration….part of a God-designed, internal system to help give people the energy and motivation to accomplish difficult or threatening tasks." *** Discuss in small groups.**

> Mark Cosgrove

Anger starts in the cradle as a demonstration of discontent. How often do adults emulate infantile behaviour? Anger also can be very draining! It becomes cyclical - we are exhausted from a burst of anger, and as we get tired we respond with more passion than sense, to something that is normally only mildly irritating. Counselors need to help their clients understand anger involves emotional, cognitive and behavioural components, all of which can be dramatically changed by the self-discipline.

Anger may be a learned response which results from lack of knowledge, or people acting out a gut response. The crucial question about counseling a person struggling with anger is: **Can it be controlled?** So often people feel helpless because anger strikes like a reflex action, sometimes with irrational results. How responsible can a client be, if this is inbred in their nature? **The number one priority is for the counselor to instill in the client the *belief* that controlling anger, like controlling weight and many other things hindering our well-being, *can be done*!** **Exercise: How would you begin?**

First of all we must remember that anger is not a sin, but rather what we do with our anger may have sinful results. [Ephesians 4:26 "Be angry and sin not" KJV]. Psalm 7:6-9 shows God's anger with unrighteousness, injustice and false religion. We frequently compromise with unrighteousness, and lack the courage to take a stand for justice, or against false religions.

Franky Schaeffer wrote a book entitled **"A Time For Anger"**. His concern is for the collapse of moral, cultural and sexual attitudes, driven by media myths about human rights. Today, people have been deceived into thinking there is no longer any value in the theological, philosophical and historical underpinnings of the belief system upon which many countries were founded. The influence of modern thinking about moral freedom, has devastated families, communities, and individuals, and therefore is a *just cause for righteous anger.*

Genetic make-up, learning from modeled behaviours, and our world view, all contribute to our anger responses. Adult anger most often comes from unfulfilled, self-centered expectations. It might be helpful to make your own "tick" list. **Explore what ticks you off.**

Often men and women differ in their expression of anger. Most cultures program their men not to "feel" as women do – i.e. it's inappropriate to cry. We night ask "Where did that come from?" In scripture men wept, David over Absalom, Jesus over Lazarus, etc. Men are conditioned not to show emotional hurt, pain, fear – so they have learned to demonstrate their frustrations through anger responses…its macho and acceptable in those societies which tend to crush any sadness or tenderness shown by men, as a sign of weakness.

Impatience with things that slow us down, may also be a form of anger. Lack of self-control sometimes indicates mental, emotional and spiritual disorders. The fruit of the spirit includes self-control and patience. **Treatment in counseling must correct a person's wrong thinking** as influenced by traditions, superstitions and rebellion, regarding how to respond to anger triggers.

Anger also may be depression turned inward. Physical, mental, verbal, sexual abuse or neglect in childhood, may result in negative self-talk which then effects our ability to relate to others in a positive manner. We may even experience subliminal (lying below the threshold of consciousness) anger at God for short-changing us.

Types of Anger:

Chronic anger arises from conditions that make us resentful and continually frustrated.

Addictive anger comes from ineffective dealings with anger, leaving it unresolved and creating a foundation for future anger.

Patterned anger is when one justifies their response, making anger an acceptable 'norm'.

Selective anger – when we choose issues over which we feel justified in become angry. This can be a positive motivation in support of a cause.

Righteous anger is seeing things from God's perspective.

Aggressive Anger

Most people have encountered open aggression from time to time – kids at school working through jealousy and other hostilities. It is unmistakable in adults. Two major explanations can be given for open aggression:

1) Unfortunately a learned mind-set allows emotional energy to be expended on non-essentials. It's important to differentiate between things deserving of our anger and those that must be let go. This is particularly true when raising children – which are the critical issues demanding serious attention, and which create nagging responses?
2) Deep insecurity causes increased efforts to be heard / to be in control.

Looking at these, note that much anger is related to trivial imperfections that simply won't go away. Every relationship is built on the unique qualities of each individual, sometimes with frustrating results. Are we mature enough to accept these differences and remain composed?

Passive Aggressive Expression of Anger:

Test yourself: underline which applies to you.

Passive aggressive anger is expressed in silence, pouting, procrastination, manipulation, dispassion (letting others sort out the difficulties they themselves may have caused!), evasion (lying that everything is fine), obsession (constantly checking things), inability to confront face to face, being deliberately obstinate, refusing to do favours in an attempt to irritate someone, secretive behaviours.

If you check off 5 or more you have a strong inclination toward using passive aggression to express your anger. You may think you are succeeding in putting limits on your anger, but you are only communicating it in a way that will cause further tensions.

Passive aggressive people subconsciously need to have control, with the least amount of vulnerability. They exhibit a strong competitive spirit. They are engaged in a battle for superiority. Cleverly realizing honesty about personal ambitions may lessen their ability to maintain the upper hand, they attempt sly forms of communication that tend to keep him/her in the driver's seat.

Psychology warns against the evils of anger as a health hazard that destroys you physically and emotionally, as well as taking a toll on marriage and family life. An aggressive person who is angry all the time is in danger of having a heart attack, or some other serious life-threatening health problem according to Dr. Redford Williams. Therefore the anger we indulge in and sometimes even enjoy, is one of the biggest threats to one's well-being.

Anger Management:

#1. **Prevention**: It is vital to model appropriate anger responses for children.

– requires asking some questions in order to develop a more constructive mindset.

What is my purpose in expressing Anger this way?

What do I stand to gain from this behaviour? To lose?

How about letting it go?

What Biblical truths will help you to deal with Anger?

#2. One technique for controlling Anger is finding agreement with another person rather majoring on conflict. In some countries, courses on Anger Management are mandated by the legal system.

#3. Identify, reduce or control the triggers that powerfully affect your emotional state.

#4. The use of deep breathing, or meditation can be used as relaxation therapy. Other interventions include learning empathy, forgiveness, changing how you speak about yourself and others, counting to 10, and improving your own personal optimism.

#5. *" Anger must be acknowledged. Before we can 'put away' our bitterness, wrath, anger and malice, we must admit, at least to ourselves, that such feelings exist."* Gary Collins

Suppressing Anger may maintain your image for the moment, but it causes internal damage that might be seen eventually by others in mood swings and depression.

Gary Collins goes on to suggest that the counselor needs to teach the client the art of **evaluation** by asking themselves some questions:

"*What is making me feel angry?*

Why am I feeling anger, and not some other emotion?

Am I jumping to conclusions about the situation or person who is making me angry?

Is my anger really justified?

Is it right for me to feel inferior or threatened in this anger-arousing situation?

How might others, including the person who is angering me, view this situation?

Is there another way in which I could look at the situation?

Are there things I could do to change the situation in order to reduce my anger?" Gary Collins

Guidelines for Expressing Anger in a Helpful Manner:

1. Express your anger with another person in private.
2. Talk in terms of hurt feelings and **not** the other person's faults. This may prevent a counter-attack or a defensive response. i.e. "I feel…" **Not**: "You make me feel…" One significant, and little known truth is that no one can make you angry, unless you allow it to happen.
3. Keep the discussion to the central issue in question. Do not bring up old grievances, Work on whatever situation precipitated the anger.
4. Try to communicate and understand each other better, and give up notions of winning arguments. Confrontation does not have to end in the person's apology. Agree to disagree.
5. Share critical comments about the other person gently, in the same breath mentioning their positive qualities. This helps people listen to criticism without becoming defensive. Practice respecting their personhood. Courtesy is an important attitude.
6. Take responsibility for your part, with a humble spirit.
7. Do not exaggerate the issue or make threats about ending the relationship. Most problems are not that serious.
8. Allow the other person a chance to respond. Be prepared to feel angry or hurt if they say something about you, that you might not like. **Do not interrupt**. Look attentive. Listening to the other side creates a climate for resolution and compromise.
9. When talking, paraphrase the other person's words to make sure you understand them, and that they understand you.
10. If the other person becomes quite angry, try to be even more calm. Speak quietly and slowly. Give the person some time to get over their angry response. That is a hard thing to do!
11. Concentrate on moving toward a solution. Ask, how can the relationship work better in the future?

Thought control takes discipline. It is far easier to let it all hang out than to train oneself to be quiet long enough to think of what would be most constructive in a situation where 2 parties strongly disagree. There is no clear research, nor is it Biblically sound to say that "letting off steam" or "venting" is an effective catharsis. With God's help anyone can learn gentleness, love, patience and self-control in the face of strife.

Case Studies:

1. A wife is living with a perfectionist husband who makes her feel like a failure when she doesn't measure up to his standards. She sometimes feels angry and hopeless. What should she do?

2. An employee disagrees with some new company policies. He would prefer they stick to the old policies since they worked just fine. He hates change! What are his options? Put yourself in his shoes and try to feel his passion.

Anxiety – - is often caused by unmet needs. Cecil Osbourne suggests there are 6 primary needs which, if not met, will cause anxiety:

- survival

-security (both emotional and economic),

-**sex** (we are sexual beings with a need to express love physically)

-**significance**,

-**self-fulfillment** and

-**selfhood** – a sense of identity. So many people are asking "Who am I?"

Sometimes a counselor can feel anxious in the presence of an anxious client. This calls for some serious reflection on the part of the counselor, and perhaps consultation with another counselor. Why am I feeling anxious? Can I still show love to this person as a therapeutic measure? Love is self-giving, whereas fear is self-protecting.

It would be insensitive to convey the attitude to your client that they should buck up, or pull themselves together, during a period of anxiety. It may be difficult to uncover the source of their anxiety, but to work on that together would be most reassuring to a client who may be feeling they are all alone in the midst of this crisis.

In every instance of training, it is helpful to first ask yourself questions you may wish to later direct to a client, such as what makes **me** feel most anxious? What are the ways that work best for me when handling anxiety? Are there other methods I should learn? You may need to ask your client some of the following: When do you feel *most* anxious? Can you feel your tensions rising? When are you free of anxiety and what brings you to that point? (music etc.) The counselor may already have observed symptoms through body language or eye contact, of things that cause anxiety. Your goal is to avoid increasing their anxiety, which may end up alienating the person.

It might be helpful to eventually define courage as the capacity to move forward in the midst of a frightening situation, but you want to avoid intellectual discussions which would only add to their confusion, at this difficult time. We know that our client needs to have self-confidence to meet their particular challenges, but in the middle of a crisis may not be the time to talk about it; that could only add guilt and shame. Identification with anxious moments from your own experience would be compassionate. Try baby steps, small goals to move them forward slowly. You might ask them to write a list of their strengths.

Three Types of Anxiety:

*"Anxiety has been termed by Psychologist Rollo May as 'one of the most urgent problems of our day'….**the basis of all neurosis**"*

1."Acute Anxiety comes quickly, is of high intensity and has a short duration"

2."Chronic Anxiety, in contrast, is persistent and long-lasting, but of lower intensity. Chronically anxious people seem to worry all the time".

3."Normal Anxiety comes when there is a real threat or situational danger…and is proportional to the danger…can be recognized, managed and reduced". Gary Collins

Discuss * Preventing Anxiety

Symptoms of a Panic Attack:

- Shortness of breath/ feelings of suffocation
- Dizziness. Unsteadiness, feeling faint
- Chest pains of discomfort
- Trembling, shaking, sweating, choking
- Nausea of abdominal distress
- Feelings of surreal – shapes and sizes may alter
- Numbness of tingling in extremities
- Flush or chills
- Fear of dying, of going crazy, or doing something uncontrollable

What to do when panic sets in:

1)If you are subject to panic attacks prepare a safe place for you to go when you are scared.

2) Breathe. Often people smitten with fear unconsciously hold their breath.

3) Talk to yourself – about the reality of the situation. Give yourself permission to feel anxious.

4) Call a friend and put on music if you find that helps your anxiety. Pray or go for a walk, read or do some vigorous activity to distract yourself.

5) Write out "I am safe." "I love myself" "Others love me."

6) Try to see the funny side of the situation. It takes a lot of practice but the only way of stopping the fear of panic attacks is to walk through them with understanding.

Learning how to expend one's nervous energy in a way that will distract from the anxiety-producing situation, plus trusting in God who promises never to leave us or forsake us, will begin to build a self-confidence that should prevent anxiety from having such a deep hold on one's spirit.

Exercise: List practical ways to promote a safe environment for emotionally fragile people.

Cognitive Therapy: (teach your client) Self-talk!

Right Response to triggered fears	Wrong response
1. Acceptance	Fear of body symptoms, nausea, loss of bladder control, feeing faint etc
2. Ask: what really is bothering me?	Why do I *always* feel this way? Always indicates a helplessness
3. Compassionate self-talk	Bewilderment and confusion; needs to remember Their strengths, not dwell on weaknesses.
4. Positive Distraction	Fear of symptoms worsening – to perhaps death
5. Calm comes from practice	Fatigue and depression

Avoid the following if possible when suffering a panic attack:

-driving,

-talking to people who normally drain you,

-drinking or using drugs,

-making important decisions,

-hurting yourself or someone else.

One needs to be heard when pouring out his fears, depression, hostility, anger and guilt. Once a person gains trust enough in someone who has conveyed empathy, genuine concern and the ability to help, the client may well be on the way to recovery.

Anxiety and fear often go together. Anxiety uncontrolled can become an obsessive fear. The counselor's goal is to see fear transformed into faith.

One can learn to use fear as a stepping stone to faith - * Discuss

Fear

Where does fear come from? Triggered thoughts, real danger and feelings of powerlessness may develop into a rage that moves us into internal negotiating (usually negatives such as self-blame, false guilt). Destructive reactions begin with denial and defeat, building from a root of bitterness into the need for escape.

Common reactions to fear are the **3 f's** – **f**light, **f**ight or **f**reeze.

Pattern of Fear:

Triggering Event

I

Reactive Emotion

I

Powerlessness

I

Rage

I

Internal negotiating

Destructive Resolutions	**Constructive Resolutions**
Denial	**Sorrow**
Bitterness	**Brokenness**
Defeat	**Surrender**
Escape	**Faith-filled decision**

Discuss *

Is fear always a negative emotion? What does the Bible tell us? Joshua 24:14, Psalm 2:11, Deuteronomy 31:12, Psalm 128:1, Proverbs 19:23.

There is a fear that can be devastating. [Matthew 10:28 "Do not be afraid of those who can kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell."] [Psalm 111:10 "The fear of the Lord is the beginning of wisdom."]

How does our belief system affect our fear responses?

When is fear appropriate?

****

Consider: Satan wants us to be so bound by our fears so that we are ineffective in serving our God. Fear can be very selective….a herpetologist renowned for his bravery in handling snakes, suffered from an anxiety disorder, that debilitated him for weeks at a time. Some people who excel in speaking to large crowds, wilt under the necessity of making small talk, one on one.

Control is often the outgrowth of fear, insecurity and lack of self-esteem. Although seeming to be in control, this person is very vulnerable – like a pressure cooker about to go off. Webster's dictionary describes a vulnerable person as one who is "open to attack, hurt, injury; [capable] of being ….wounded."

The fear of losing control wears a variety of disguises:

1. The Manipulator – gets people to do what she wants and to actually believe it was their own idea.
2. The Manager - leads every group, is quick to volunteer, and slow to delegate.
3. The Martyr – frequently gives up their own rights and financial resources to "sacrificially" meet the needs of others, then controls then with guilt and obligation.
4. The Meanie – a nag, capable of intimidating those around him/her, negative and critical, controls by forcefulness, brow-beating and policing of activities.
5. The Most Spiritual – can use spiritual prowess to gain control in family and church situations.
6. The Mother of the Extended Family – controls children far into adulthood. She believes no one cares as much as she does, but later resents being left with all the responsibility.
7. The Most Perfect Person – always excels, but has trouble with fatigue because there are never enough hours in the day to get everything done.

8. The Mime – can control by a certain look in the eye, raising of an eyebrow, a grimace, or body language, signals understood only by another family member.
9. The Mask of Illness – when she becomes ill, she become the centre of attention. Family members change their plans in order to be close to her in "her hour of need".
10. The Main Attraction – controls men through her feminine charm, but fear prevents her from developing any meaningful relationships.

Note how appealing people wearing #2, 3, 5, 6, 7, 9, 10 may seem. Think of someone you know who controls others by being spiritual.

What controlling disguise do you wear most often?

Case Study:

Mary appeared to be a quiet, serene Christian wife and mother of 2 small children. Her husband suggested when they got married, that they attend his church and she acquiesced. A couple of years after they were married he got a promotion that required him to travel a lot, leaving Mary in full control of home and family. After her second baby was born she went into post-partum depression. Her mother and stepfather came to help. She was afraid to be left alone with the baby. She lost all interest in cooking and lost weight. Finally she had to see her Doctor. She expressed concern that her parents were helping, making her feel inadequate as a mother. The Doctor, sensing there were deeper issues, asked her if she would see a counselor. At first she resisted, but at last agreed. It did not take long for the counselor to discover she was nearly incapacitated by fear. What would you do with Mary?

(Later the counselor uncovered child abuse by Mary's stepfather that caused her to marry the first man who asked her, although she wasn't really in love with him. She wanted to escape from home. In her marriage, she felt inadequate, since her husband was so successful in his field of work and she had only been a secretary. They seemed to have very little in common to talk about, so she was afraid her marriage would fail. She loved her children, but as time went by issues arose that triggered memories of her own childhood fears. What were Mary's needs?

Why would one continue to choose worry over trust, when we say we believe in God? What is God's desire for all of His children? [Proverbs 14:30 "A heart of peace gives life to the body"]. ["Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."]

Grief: * Define Grief

Answer is at the end of the page.

Understanding Bereavement:

Mourning is a time of restoring emotional balance. Crying is an acceptable and healthy expression of grief, although there may be awkward moments. Medication should be taken sparingly under the supervision of a physician. Alcohol will help nothing! Dreams of the loved one who just died are very common. Children are very often the forgotten grievers in the family. This is a time for faith to grow. Sometimes it helps to get together with others going through bereavement too. There is an individuality about grief. No one goes through the stages of grieving in consecutive order or within a certain time frame.

Understanding Grief helps to prevent *pathological* grief reactions. Those who have developed strong family ties, and healthy attitudes prior to a crisis, go through the grief without that hopelessness that afflicts some people. Friendships and activities stimulate one's mental health for any occasion, but especially for facing loss. It helps to anticipate that death is a very real part of life, and of course for believers, there is the assurance that we will meet our loved ones once again, in heaven.

There are a number of grieving rituals that help people through the crisis, or relational loss. These will be defined by culture. In North America, gathering pictures of the loved one to give to various family members may bring tears, but will also gives sweet relief. Some people find consolation in taking flowers to the grave. Others will hold onto an object that becomes a treasured memory, or write about the special moments they shared together.

Factors that affect the process are of course the mode of death, as well as personal variables, including the relationship of a survivor to the deceased. Some caregivers are impatient for grieving to be over. We must consider each individual situation is different. In cases where there has been prolonged illness, some grieving possibly occurred throughout that time. It has been said that grief is finished when the deceased can be remembered without intense anguish and pain, when the bereaved person can reinvest their emotional energy in someone else.

Answer (Intense emotional suffering caused by loss, misfortune, injury or evils of any kind)

Stages of Grieving:

Shock: -produces a kind of anesthetic response which protects us from the impact of the blow, making it possible to look after the many things that need to done, and decisions to be made.

Panic: Panic often sets in as the reality of the loss sinks in. 'How will I ever manage?' is a question frequently asked.

Denial: When the announcement of what has happened is made, people often go through a short period of denial – This couldn't possibly be happening! They refuse to grieve because they feel it's less painful to face the loss. Of course this is not true, only prolonging a pain that then will take longer to resolve.

Release: Is the point when one begins to let go, usually followed by the rollercoaster of many feelings and tears. There is a period too of yearning and searching for meaningful memories.

Guilt: One must gauge what is real and what is false guilt. Was the bereaved person responsible for their loss? There is usually some unresolved business in every relationship but at this stage that is magnified. The loved one would probably like to hear you laughing again, but often we feel guilty when we first laugh.

Anger/Resentment: In our despair we try to find someone to blame, the dead person, the caregiver, and even God is sometimes held responsible for this present suffering and sorrow.

Depression: There may be changes in sleep patterns, appetite, fatigue, as well as a desire to withdraw from people.

Returning: At this stage one finds there are extending moments of the day when we do not dwell on the grief.

Hope/ Reality: The acceptance that you are indeed facing a new beginning. Finding some interests that excite you and bring meaning back into life. This is a time when one begins to pick up the pieces of life and move forward.

10 Principles for Working with the Bereaved:

1. Avoid platitudes
2. Don't rush a person to work through his/her grief.
3. Be available for continuing support.
4. Be willing to reveal your own feelings.

5. Know what 'normal' grief behaviour looks like.
6. Help the bereaved to actualize their loss.
7. Identify and express dysphoric feelings (generalized feelings of unwellness)
8. Allow for individual differences in showing grief, such as expressing anger and guilt.
9. Help people learn how to live alone.
10. Help people learn how to form new relationships

Now not all grieving is associated with death. It may be caused by failure to obtain a coveted position, or even the loss of one's job. It can be the loss of your possessions through natural disaster. Relationships that do not last, cause feelings of deep loss. Aging, empty-nesting when the children leave home, changes of many types etc. are all situations where people may grieve.

Exercise: How might you apply some of the above in a counseling situation for someone who has just lost their job?

Joy and Peace are positive emotions that seldom cause relational difficulties. However, in the exuberance of welcoming a new room-mate home from work, one counselor was shocked to find the lady, from another culture, was offended, feeling aggressed by an honest interest in how her day went.

Joy is usually contagious…happy people lift the spirits of those around them. Peace is enviable, a quality so many people long for. Your clients will often remark on their lack of these characteristics. You need to think through what it is that establishes positive characteristics. i.e. What made a Church secretary living with an irritable, critical, hostile, non-believer, such a gentle comforter to so many people in the church?

An obsessive preoccupation with personal happiness in our world today, unfortunately obscures our understanding of the Biblical route to deep abiding joy! Happiness is the by-product of living in the presence of God.

12.Communication:

Communication demonstrates a genuine interest in what goes on in the life of others. Anyone aspiring to be a good counselor must master the techniques of good communication! Some people are just natural listeners, but for those who like to talk, they may need to learn restraint, along with specific listening skills. The client's presenting story is usually the tip of the iceberg, something safe to talk about while beginning to trust.

Often, in the midst of life's problems, people find themselves in difficulties over which they *feel* they have no control. Pride prevents them from seeking help because it is embarrassing to admit failure and defeat. Trust issues also prevent them from accepting help – who *can* they trust? ….and life becomes a cycle: difficulty in relationships, emotional pain, blaming, fear, aggression, difficulty in relationships. When will it ever end? Good friends will sense changes, withdrawal or heightened criticism and hostility. By communicating their loving concern they might force some kind of response that will break the cycle.

Without a sensitivity to all that *silence* communicates, a counselor may fail to learn how to present options that would free the client from constraints of their past. We must remember that silence often speaks loudly.

i.e. This subject is just too painful to discuss.
or
I don't think what you just said deserves a reply.
or
I want to create my own boundaries.

Why did God give us the ability to cognitively communicate – not just instinctually, but with reason and choice?

Communication is:

a) Ministry of "Presence"; "Being" not "Doing" – the ability to allow silence, while one gathers their thoughts and perhaps even sheds tears.

b) Honesty and openness, which develops trust.

c) Listening – verbal communication/prayer.

- Body Language.

- Eye contact, or lack of.

- as much may be said by leaving parts of the story out, as in telling all.

d) Encouraging journaling of thoughts and prayers, as the client goes through the counseling process.

e)Encouraging a support system outside of the counseling relationship to avoid **co-dependency**. It is a grave mistake for a counselor to think they are the only ones who understand or care for the client. The more people involved in their recovery, the better, providing these are strong, positive people, with an appreciation for individual worth.

Many people are lonely today, feeling disconnected and without friends. We must differentiate between loneliness and solitude. The late Anwar Sadat said his 6 months in solitary confinement constituted the greatest period of his life, because in such a situation you get to know who you really are. Conversely one of the former Presidents of the USA, surrounded by people 24 hours a day, said at times he felt terrifyingly alone. Perhaps we can conclude that loneliness is influenced to a great degree by the inner self. Fear of who we are drives us to try to impress others with 'who we want them to think we are' – this takes time and energy! Feelings of self-esteem are hugely responsible for our personal loneliness. Loneliness may also arise from an inability to communicate.

You might want to explore what training your client had in communication skills. Were they allowed to express opinions in their childhood home? Were they encouraged to discuss decisions? You might ask - Did things you were told about yourself encourage you to believe in yourself? Did you have a best friend with whom you could share your heart? Did you belong to any children's clubs, at church or in the community that taught you self discipline, as well as caring for others? How did your education help you to communicate? Were you forced to make speeches in school? Was there a mentoring program? Have you any memories that particularly touched your heart? What role does your faith play in communication? Identify areas with your client which you might successfully work on together to improve their communication skills. Perhaps you will need to identify mis-beliefs, first remove them, replacing them with truths about who he/she is. One great truth is revealed by God in the Bible – **each individual is important to Him!** **Put these into practice in groups of two or three.**

Communication Problems:

Repertoire Deficit:

-never learned to allow another person to talk – essentially dominates the conversation with the attitude of 'it's all about me'.

Referent Conditions:

-quarreling will be about one area of the relationship, whereas the conflict really stems from another area.

-there is an inability to discuss certain topics because they are too painful.

-one needs to learn what *not* to talk about in order to reduce quarreling.

Setting Events:

-conditions present within the person which affect the way they communicate. i.e. physical exhaustion, external conflicts with others, sickness, etc.

Structural Deficits:

-absence of conditions which would create positive communication. i.e. scheduling, privacy and time management

Partner Interaction:

-pessimism, negative manner, nagging, may be encouraged by positive reinforcement, such as a *negative counterattack*

Often missing within the church family is training in the **ministry of listening**. That is something everyone can *learn* to do.

The Ministry of Listening: Be willing to hear how it is for the other person. It is so easy to jump in and judge, before the person even gets a chance to unload. Or, when we are busy we become easily distracted and may carelessly turn the other person off by a quick cliché. We need to recognize our own defensive maneuvers, that we use to protect our own emotions. The danger here is of demeaning the client.

Guidelines for Effective Listening

-desire to listen (keep facial tissues handy).

-don't rush – requires time.

-avoid physical barriers like a large desk; sit face to face to maintain eye contact.

-have paper and pen handy for occasional notes.

-hear words, listen for feelings behind the words (what is not being said), observe how the words are being said – rapidity of speech and tone, also observe the body language and eye movement.

-look at the other person to indicate your interest. (Also gives you messages about non-verbal communication). Lean forward and nod to keep the connection.

-try not to show shock or disapproval.

-refer to the person by name from time to time; celebrate their personhood.

-Avoid interruptions.

-Identify with their feelings even if they differ from what your own might be in a similar situation (Validate - "I believe you feel terribly angry"). How does this affect your body? Nausea, heat flushes, muscles tensions, visual disturbances, headache, etc.

-Monitor the amount you talk. Be patient – to set out to change another person is to do him a great disservice. To attempt to understand and listen and help him to clarify his alternatives is to love him.

-Give an occasional response – restate what you hear for clarity. i.e. "I think I hear you saying…is that right?"

-Praying without ceasing is important as you listen. Your primary goals are to establish hope and trust.

Signs of tension:

- -clenched jaw, hands, or rapid hand movement
- -high-pitched voice, and/or rapid speech
- -frequent shifting of weight from one foot to the other, squirming in a chair
- -inability to stay focused on topic, eye movement - staring into distance
- -shoulders elevated
- -heavy breathing, sweating or chilled

Stress:

#1 – you need to identify the sources of your stress. This may take time and require some journaling. Don't overlook your own stress-inducing thoughts, feelings and behaviours, expectations.

#2 – you need to take responsibility for your role in activating stressors in your life.

#3 – the simple realization that you have a choice whether or not to be in control of your life, is the foundation for stress management.

#4 – do you perceive your stress to be temporary, and an integral part of home life, or do you blame other people and situations for your stress?

Stress Management:

Have client take a deep breath and slowly release it. Repeat 3 times.

Elevate shoulders as high as possible, hold for a few seconds and then release, shaking tensions out of hands and arms.

Close their eyes and think of being on a cool mountainside with a lovely view, or being at the beach with the quiet lapping of waves, and the song of gulls – or, somewhere else they would like to be to relax. Ask – What did that feel like?

In Layman's language communication problems may look like this:

-Interrupting

-Deciding Who is at Fault

-Trying to Establish 'the Truth'

-Getting Sidetracked

-Dealing with Multifaceted Problems – can be just too overwhelming!

-"Guilting" the Other Person

-Making Power Moves and Giving Ultimatums

-Using the Words “Always” and “Never”

-Using Trait Names

-Justifying

-Mind-reading (I know what you are thinking)

-Giving Discrepant Verbal and Nonverbal Communications

Blocks to Communication:

A)The use of authority “parents” know best or “Do it because I know it will make you feel better”.

B)Judging the person as “uncooperative”, “not really wanting to help”, ”goofing off”, “exaggerating”, “over-reacting”.

C)Preaching /Lecturing: “you shouldn’t feel like that”, “it really isn’t that bad”, “you’ll get over it” (Can be felt as demeaning).

Components of Good Communication:

A sincere love and concern for the person you are counseling, is far more powerful than knowing answers or giving advice. Learn to draw out the hidden pain in another’s heart by allowing Christ to demonstrate His love through your Godly attitudes.

[Proverbs 20:5 “The purposes of a man’s heart are deep waters, but a man of understanding draws them out”]

1. Attentiveness is communicated by closing the door to your own thoughts and focusing on listening and observing.

2. Empathy is communicated by entering into another’s world and understanding that person’s thoughts and feelings.

3. Respect is communicated by the basic belief that everyone is created in the image of God.

4. Encouragement is communicated by maintaining a spirit of hope and optimism.

5. Sincerity is communicated by being yourself, being honest and being vulnerable to another.

6. Availability is communicated by a willingness to give another person your presence and attention when it is needed.

Exercise:

Go out into the community youth culture, in shopping malls, music or clothing stores, with a survey. Your goal is to connect with someone different from yourself – green hair, multiple piercings, males, females etc.

Identify yourself and the purpose of your survey – I am trying to get to know the youth culture of today.

How valuable do you think education is today?

Do you enjoy family traditions (Birthday/Christmas get-togethers)?

How do you feel about global warming? Are we pro-active enough?

Where do you find the best entertainment? Movies, clubs, U-tube, bars?

What effect is pornography having on society today?

What do you think about Christianity (or Religion) today? and "Why?"

How old are you?

You can add any number of in-offensive questions to this list as long as they will help to get to know the youth culture, to understand their thoughts and feelings.

Using the above suggestions, show a genuine interest, and refrain from negative responses or judgment. Thank them for participating. This is not an evangelistic outreach, but rather to learn about our youth subculture today. Remember *you are learning to listen* to what they think and feel.

Dialogue with others on your team, about what you learned about yourself, your fears and inadequacies, and about the culture.

13. Forgiveness:

Very few people will need counseling who feel their lives are full of peace. However, real peace can only be experienced in the assurance that God has forgiven us and in following His example, we have forgiven others who have hurt us, purposefully or inadvertently.

More often your client may be overwrought with inner conflict, fear, overwhelming temptation, anxiety, nervous tension, insomnia, etc., and is seeking peace. They may not know the scriptures that offer us conditional peace {Isaiah 26:3 " You will keep him in perfect peace whose mind is steadfast, because he trusts in You."] or that peace is a product of the Holy Spirit's actions (Galatians 5:22) – as a preeminence given by the Prince of Peace. When we praise Him, we enthrone Him instead of anxiety. A transformation of thinking and actions is needed.

Larry Crabb suggests that in his book **Inside Out,** that *"Forgiveness is God's call to relationship in a fallen world."* Each one of us was created to have deep, meaningful relationships, but disappointment makes us demand more. This attitude causes us to become self-protective, a life-style of relating that hinders love. Repentance frees us to receive the love of God, which in turn He enables us to pass on to others, by releasing them from our expectations, and accepting them for who they are.

God's forgiveness is necessary for personal salvation and man's forgiveness of others. This is so necessary for one's own health. The third type of forgiveness required for peace, is to forgive *ourselves.* Peace will come when we are open to the Spirit, Who reveals un-confessed and un-forsaken sin in our lives

Perhaps the hardest part about forgiving is facing just how much you hurt, and not rushing past that to protect yourself forever. Your impossible expectation for life to be fair, makes you a victim of your own thoughts over and over again. Sometimes our own impossible standards blocking self-forgiveness, almost cripple us. Why should I continue to condemn myself for something *God* has already forgiven? Isn't my inability to forgive myself driving me farther from God, rather than closer to Him? Does my stubbornness impress Him?

Forgiveness is a choice, independent of another's response. Forgiveness, to be meaningful, requires full awareness of the extent of the offense. It is an on-going process coloured by our attitude. It is not just saying the words, but it is an act of Christian charity. Grieving is part of the process and so is humility. Forgiveness is not forgetting – often remembering a temptation prevents us from falling back into that pit. Forgiveness is a privilege not a right!

We need to remember the daily sins that Jesus Christ forgives each of us – little things perhaps, but Solomon said: [Song of Solomon 2:15 "Catch for us the foxes, the little foxes ruin the vineyards"]. Sometimes we think we have forgiven another, but the criticism, judgment and an attitude of superiority demonstrate that the process is not yet complete, and we ourselves are still in need of disciplinary action.

Forgiveness cost Jesus everything! Forgiveness is an act of the will – we can forgive even when we do not 'feel' like it. When we respond by allowing God to satisfy our deep need for unconditional love with Himself, then we are free to love others. The apostle Paul spells it out very clearly. [Ephesians 4:31-32 "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind, compassionate to one another, forgiving each other, just as in Christ God forgave you."]

Forgiveness gives you liberty to re-establish connections with those who have hurt you, when you feel ready.

> *"Forgiveness is an opportunity for injured people to heal their own wounds. If we wait to forgive people, until they say they are sorry, we make ourselves hostages to the very person who wronged us to begin with."* David Seamands

Teaching a client how to truly forgive, is a huge task and in the end, one of the greatest accomplishments!

Forgiveness is agreeing to live with the consequences of a crisis of the will, a decision to not seek revenge, or to live in resentment and remain bitter. It is a decision to live with the consequences of the offender's sin, and not use that sin against that person in the future. It is a decision to be like Christ and to maintain communion with God.

Study Questions: 1.Do you agree that initially the crisis of forgiveness is between you and God, rather than between you and the other person? Does it feel like that? Why?

2. Why is it important to make a distinction between seeking the forgiveness of others and forgiving them?

3. Define "justice" "mercy" and "grace". How do they work out in our relationships with others?

4. What is the difference between forgiving and forgetting?

5. Who continues to feel pain when there is no forgiveness: the offender or the offended? Why?

6. How do we forgive from the heart?

7. What would you tell the person who refuses to forgive?

Worksheet for My Forgiving

- Recognize the injury – who needs forgiveness?

  How did they hurt you?

- Identify the emotions involved – list some feelings you have about what happened.

- Express your hurt and anger – If I could say what I wanted to this person, I would tell them…..!

- Set boundaries to protect yourself, list for now and the future.

- Releasing the person from your expectation, will cancel the debt. Record something symbolic to do to demonstrate your willingness to forgive.

- Consider the possibility of reconciliation. Why? What? Can you accept the worst possible response?

We need to forgive those who will never ask for our forgiveness, either because they are stubborn or perhaps even have passed on.

i.e. **Forgiveness set us free** from someone else's past thoughts and actions that might have been controlling us today. **Praise God for the peace and joy this brings to our very being!!**

A lady from Rwanda, after terrible civil unrest wrote the following:

Forgiveness

- To forgive does not mean you didn't hurt me;
  It means surrendering my right to hurt you back.
- To forgive is not to deny my feelings of hurt and anger;
  It is learning to give those feelings to God.
- To forgive is not to ignore what happened
  But to speak the truth in love.
- To forgive is not to apply an easy Band-Aid
  It is a costly, holy and gracious gift.
- To forgive means to go to God first,
  And realize the price has already been paid!
- To forgive is not to judge another by my standard,
  But to leave the judgment to God.
- To forgive is not to compare my sin with yours,
  But to thank God for the price He paid for my sin.
- To forgive is not to take the speck out of your eye
  But to take the beam out of my own.
- To forgive does not make me a doormat;
  It paves the way for healing.
- To forgive lets you off my hook
  And releases you to God's care.
- To forgive is to close the door on the past
  And open the door to the future.
- To forgive is not an emotion of feeling all warm and gushy.
  It is a legal transaction, an act of justice, and act of obedience.
- To forgive is not to force the gift on the other;
  It is to be offered and accepted on acknowledgement of sin.
- To forgive is not to understand
  But to love and respect the sinner, as God loves and respects me.
- **To forgive is not easy**….
  It is to be like Christ! Lois Doxsee

14. Crises Counseling:

Accidental or situational Crises

Christians must embrace their pain, not deny it out of guilt. Sandy Patty, a well-known gospel singer had an affair that cost her her reputation and her home. She has written about the pain of knowing she was guilty, and how difficult it was to face the censure of the Christian community. However, she said the path to recovery came through *facing* her sin, knowing God had forgiven her, and by *being real* enough to humble herself before people. Denial, justification, excusing, are not effective ways of dealing with pain. One has a choice: wear a mask and stay stuck, or take the opportunity to change for the better, to grow, and to develop new strengths.

Developmental Crises

Existential Crises

-I'm a failure
-I'm too old to reach my life's goals
-I've been passed over for promotion again
-I'm single again
-My life has no meaning, no purpose
-My illness is incurable
-I'm retired
-I've been rejected because of racial discrimination
-My house and possessions were lost in a fire/flood

These may threaten to overwhelm whether they are perceived, or real dangers.

Crisis Intervention:

Goals are to help the individual to cope effectively, to decrease their anxiety, and to work together to develop crisis-solving techniques.

a) make contact
b) reassure, listen, encourage, hope, diversion tactics, physical relaxation techniques
c) focus on specific issues, one at a time if possible
d) assess resources
e)encourage action

f) instill hope
g) review safety

*** Discuss how and when these may be put into practice.**

The Crisis of Parenting:

The family was designed by God to be a place where:

-learning and growth take place
-values are modeled
-expectations are realistic
-where discipline is balanced
-there is "freedom to fail" (unthreatening)
-individuality is celebrated
-honesty is foundational (truth is more permanently transferred from a parent's life, than from his lips).

Today, isolation induced by technology and lifestyle in the developed world, has caused many children to suffer emotional and social deprivation. Parents are often self-absorbed, leaving the children without the strong identity they need, to feel part of someone else, a family.

Parents, with all the knowledge in the world about what is good for children, very often miss the treasured bonds formed through working, playing and communicating together. Relational skills do not develop when a child is free to spend hours on the computer, or in front to the TV. They form unrealistic expectations about a fantasy style of living, without being included in the real thing, at home. Some act out their fears and frustrations at school and become labeled "incorrigible". Others are simply accepted as shy, whereas they may be withdrawing because of depression. Some turn to drugs and other addictions to fill the emptiness. Two brothers from an upper-middle class family became addicted to gambling first for the challenge, then it became a way of earning large amounts of money. Their parents thought this was ingenious and funny!

This life-style creates many relational challenges. Imagine you have an opportunity to counsel a child who has struggled with the impact of this style of parenting. What do you suppose will be your number one focus? Perhaps you may have the family come for group counseling.

Where would you begin? *Discuss

Discipline may be militant in some homes, rather than tenderly caring. Some children are found living on the streets of major cities because they have run away from a home life that is just too painful. **Discipline must convey to the child that you are acting out of love**, to teach them there will always be consequences of our choices. Anyone who strikes a child out of anger has just demonstrated a horrible picture of a violent and unforgiving God. One needs to ask if one's children find comfort, assurance, respect and responsible caring at your hands.

In developing countries often children lose their childhood, taking on the role of parent as young as 10 years old. Parents have either died from disease or accident, or have just disappeared. There is very little hope for that particular family, since no one will have an education and often, in order to survive, the older children turn to a life of crime.

* **Discuss** What makes families strong?

What legacy do we leave our children? **Traditions change; Principles do not!**

"Effective family life does not just happen; it's the result of deliberate intention, determination and practice".

Charles Swindoll

CHILDREN LEARN WHAT THEY LIVE

Dorothy Law Nolte

If a child lives with criticism,
he learns to condemn.
If a child lives with hostility,
he learns to fight.
If a child lives with fear,
he learns to be apprehensive.
If a child lives with pity,
he learns to feel sorry for himself.
If a child lives with ridicule,
he learns to be shy.
If a child lives with jealousy,
he learns what envy is.
If a child lives with shame,
he learns to feel guilty. .
If a child lives with encouragement,
he learns to be confident.
If a child lives with tolerance,
he learns to be patient.
If a child lives with praise,
he learns to be appreciative.
If a child lives with acceptance,
he learns to love.
If a child lives with approval,
he learns to like himself.
If a child lives with recognition,
he learns that it is good to have a goal.
If a child lives with sharing,
he learns about generosity.
If a child lives with honesty and fairness,
he learns what truth and justice are.
If a child lives with security,
he learns to have faith in himself and in those about him.
If a child lives with friendliness,
he learns that the world is a nice place in which to live.
If you live with serenity,
your child will live with peace of mind.

With what is your child living?

15.Counseling Techniques –

Informal counseling can be of great help in support groups which might be classified as:

Spontaneous models of counseling:

-Support groups/abuse/parenting/grief

-Discipleship groups

-Divorce recovery

-Singles ministry

-Stephen ministry

-12 step recovery from addictions

Almost anyone can take part in leading these groups, with a little thought about confidentiality, remaining positive, sharing feelings and frustrations. It would be best to have some guide, such as the 12-step recovery – for addictions, for divorce, etc. Often a close friend becomes a sounding-board for people going through difficult times. However, there are those who really would like to be able to work professionally, with those who are suffering emotional, social, and spiritual distress.

Several Pre-training courses for counselors suggest 4-stage programs focused essentially on:

1. the development of empathy, warmth, respect for confidentiality and individuality, skills in competency (20 hours) Skills for entering and building relationships.

2. skills in communication of self-disclosure, feedback, listening, speaking the truth in love, concreteness, genuineness, confrontation, assertiveness and accountability. (20 hours)

3. Integrating some psychological principles with scriptural principles, with the goal of renewing the mind. (18 hours) Theory and Theology.

4. Freeing from the bondage of the past – past traumas, generational blessings and curses, personal sins, character defects, (50 hours) Personal awareness.

These training courses would include reading, study and discussion, as well as role play. A good beginning experience would be telecare.

Questions about getting started:

Where do referrals come from?

What does one do on the initial contact?

How does one intervene in an obvious problem situation?

What resources are available in the community for those who are grieving, suicidal, depressed, or shut in?

*** Homework – create a list for the Church**

Advanced training for marital counseling, family therapy, inner healing and deliverance, vocational evaluation, financial counseling might take an additional 25-30 hours.

When training women to be counselors, they have found it very helpful themselves to do:

"A Spiritual Cat Scan" which they might later use with a client. Answer – Yes or No

1. Does Jesus Christ control all areas of my life? (Luke 14:33)_____
2. Do I have a purpose for living? (Philippians 1:21)_____
3. Is my life fruitful? (John 15:16) _____
4. Do I really hate sin? (Psalm 119:104) _____
5. Is God pleased with my thought life? (Philippians 4:8-9)_____
6. Am I fun to live with? (Ephesians 4:31-32) _____
7. Am I teachable? (Proverbs 18:15) _____
8. Am I available to God? (1 Kings 19:20-21) _____
9. Do I have a clear conscience? (Acts 24: 16) _____
10. Do I have an independent spirit? (Numbers 12:14) _____
11. Do I have a personal and growing relationship with Jesus?_____
    Colossians 2:6-7
12. Is God pleased with my priorities? (Matthew 6:33)_____
13. Am I "touchy"? 1 Corinthians 13:5 _____
14. Am I bitter about anything? (Hebrews 12:15) _____
15. Do I accept myself? (Psalm 139:14) _____
16. Is God's Word exciting? (Jeremiah 15:16) _____
17. Do I have any habits or activities that I would change if _____
    Jesus were present? (11 Corinthians 6:17-18
18. Do I have a forgiving heart? (Matthew 18:21-22) _____
19. Do I like being treated like a servant? (Matthew 20:28) _____
20. Do I encourage my friends to reprove me? _____
    (Proverbs 9:8 and 15:32)

Language of counseling

Counseling is a relationship with a clear purpose. There are words and phrases that form a counseling dialect. When reading or doing research it is helpful to know what these expressions mean.

A) Attending – eye contact, posture, gestures, courteous

B) Listening – not distracted or pre-occupied, impatient, fatigued or restless

-allow silences or tears
-read body language
- control excursions into one's own fantasies, solutions, agenda
-acceptance of reality, distinguishing between the client's reality and actual truth
-non-interruptive

- **C) Responding** – specific verbal responses

- **D) Leading** – counselor anticipates the possible direction by asking if the client could elaborate on the topic, or what they meant by the use of certain words. The goal is to lead the client to discussion, but an attack mode will only raise walls of defense.

- **E) Reflecting** – the counselor reflects on what the situation must have felt like as a brief summary of what the client just said, done in a non-judgmental manner, with a gentle spirit.

- **F) Questioning** – Open questions or statements demanding a response other than yes or no answer. i.e. Tell me about your marriage.
  Or How does the topic of conflict make you feel?
  Avoid using the word **why** since it requires a judgmental answer.
  Questioning is the direct approach to gaining information and understanding.

- **G) Informing** - client needs to be apprised of facts pertinent to their case. Not advice! Advice requires correct information.

- **H) Interpretation**: explaining to the client what their behavior may mean to others, or how a situation may have developed along a different path than the one they perceive.

This may enable clients to see themselves as others see them and help them to establish what kind of reputation they would like to have in a family, community, church. It might broaden their scope, instead of making themselves the centre of all that happens to them. Is the client emotionally ready to handle such information?

- Dominant personalities may confuse the client's understanding of the will of God, by being too directive, enhancing their feelings of guilt and incompetence.

- **I) Supporting** and encouraging help to build trust on a foundation of acceptance of their personhood. Support also guides a person to evaluate their own spiritual and psychological resources and actions/reactions. Counseling is a problem-centered, goal-directed conversation – not visiting while sharing mutual problems. Poise, giving quiet, thoughtful attention to what the client is trying to express, often becomes a source of strength for a distraught person.

- A support network must be developed with other believers who can build into the client's life those virtues they may never have experienced, as well as to overcome past disappointments with people of faith.

- **J) Immediacy** – ability of counselor and client to discuss what is happening in the here and now. Honest, on-the-spot expressions of feelings are therapeutic. This can serve as a dramatic demonstration of how situations may change during discussion.

Conducting Counseling Interviews:

Practicum requires counseling supervision

Introduction – includes that you are a *Biblical* counselor and your approach to solving problems is through Biblical standards. Discuss confidentiality as it applies in that culture.

To gain insight into your client without raising anxiety, one might use the "Spiritual Cat Scan" – see Page 77.

Offer opportunity to discuss their problems, keeping in mind you might not wish to address more than three at a time. Eventually other problems will surface, but see which one they feel is the most crucial right now. Talk about accountability – what it means and the role it might play in your sessions. Discussion regarding honesty is important because they need to know you expect them to be serious about resolving their issues, and therefore, truthful.

i.e. A woman went to a counselor because her marriage wasn't going the way she would like it to go. Over time the counselor met the couple together, and discovered the husband was a very caring person, who really wanted the marriage to work. Finally, after months of counseling, the wife admitted that she was having an affair with someone she worked with. What a waste of time, energy and money.

During the introduction you will be establishing rapport. Your listening skills are hugely important. You will need to know where they live, and with whom. Usually the client is willing to give some family or relationship history, but those details may be fleshed out during subsequent sessions.

The counselor will be quietly assessing the client's self image and relational skills, throughout. Body language, as well as eye contact will reveal their comfort level.

Future sessions will be determined as the counselor deems fit. The counseling sessions are only part of the process. The counselor needs to develop at least the outline of a plan which they may, or may not discuss with the client. However, it is believed the client will recover faster when they are personally involved in the process. The counselor also will do at least a minimum of research and reading on the problems being discussed. Depending on the progress made, there may be adjustments to the plan and schedule.

When your client has resolved their issues you will need to bring closure. It might be helpful to see each other every other week instead of each week and then to have a time of celebration when you review together all that has been accomplished.

The goal of this first visit is to establish confidence in the counselor's abilities and attitudes. You may or may not have handouts to read, before you see them again. It's important to engage the client in their own recovery process.

Set the client at ease by talking about some common likes, dreams etc. Be real. Try to assess where this person is on their faith journey, if they have one.

You might get them to make a list of their personal strengths and weaknesses, or to begin journaling, as a homework assignment.

CASE STUDIES

a) A young woman, living in a developing country, consented to live with a man who promised her marriage. I met the man, who was eager to quote scripture and to boast about how he sent his children to Sunday School. However, he needed to go to Canada to see his mother. His girlfirend would be left looking after his 4 children for an undetermined length of time. Reading between the lines I suspected he was going to leave her looking after his children, without any intention of marrying her. How would you counsel this young woman?

b) A girl in her late teens was living with her boyfriend who wanted to marry her, but he wanted her to be pregnant first. She had prayed that God would not let her get pregnant outside of marriage. What options should she be looking at?

c) A Christian keeps making and breaking promises. They do not believe in accountability and through their solo decisions many people are being hurt. Is there a way of confronting this issue? .....of helping those who are hurting?

d) A man was repeatedly sexually assaulted, as a child, by his mother. Although he was happily married to a fine Christian girl, he was diagnosed with a sexual addiction that nearly destroyed their marriage. How might his wife come to a point of trusting him again?

EVALUATION:

The purpose of self-evaluation is to uncover areas of deceitfulness or destructive emotions. It takes time to break habits. When we experience the Holy Spirit achieving changes within our own lives, we have the assurance that God will also work miracles in the lives of others.

Test: True or False:

I am intimately connected with God. T_ F_

I like myself. T_ F_

Generally I am available to help people in distress. T_ F_

My helping may be hindered by prejudice. T_ F_

There are lots of times when my stomach churns with anxiety. T_ F_

I over-react to statements this client makes. T_ F_

I feel too much sympathy for this client. T_ F_

There a reason why the client is always late. T_ F_

I resent that this case interrupts my free time between sessions. T_ F_

Every case will be different. The cause of a person's conflicts or distress will vary. How will you know if you have achieved success? One woman went to 8 different counselors. She was thrilled that the 9th one was able to help her! What in her mind was the point of change that produced such relief? She went on to do part-time mission work over a number of years, but unfortunately fell away from her regular Bible reading. Prayer became a stubborn determination for God to give her what she wanted rather than seeking His will. Had the 9th counselor failed?

No! A counselor does what they believe God leads them to do at a time of intervention. The rest is between their client and God.

16. CONCLUSION

In every country, an understanding of themselves and the world, of human nature and Biblical principles must form a foundation from which our youth will find that they can change the world – at the very least, ***their*** world, where they *can* make a difference! -a world where every individual has an important role to play in a community where they feel secure, a world created in peace and harmony, because they belong! Do we believe this is possible?

Perhaps if training is offered at home, if a focus on education for everyone lifts the young above the hopelessness of poverty, perhaps once again "young men will see visions". With an understanding of God and His purposes for mankind, the young will surely rise up to assume responsibility for the purity of their families, communities and even their nations! Those of us who have been called to counsel have the glorious opportunity of setting the course, of exploring options in the belief that with God, all things are possible.

From many developing countries there is an exodus of people looking for a better life. Often the call of the world comes to those who have studied, the educated among the young people, the nation's best. Educated youth are the hope of their future; they leave to gain more knowledge and experience with the intention of returning to share their learning with their countrymen, but unfortunately the "good life" woos, then binds them to a materialistic lifestyle, making their return, an impossible dream.

The Statue of Liberty Song beckons all:

"Give me your tired, your poor,

Your hungry masses yearning to be free,

The wretched refuse of your teeming shores.

Send these, the homeless, tempest-tossed to me.

I lift my lamp beside the golden shore."

Mrs. Barbara Silberg

Whatever disadvantages, disappointments or painful relationships we have suffered, Billheimer entitled one of his books "Don't Waste Your Sorrows". Sandi Patty confirms that idea by writing – *"Your journey, fractured though it has been, has given you a greater compassion for woundedness and a deeper capacity for love. And oh, how much more grace you are now able to offer, having become aware of the magnificent gift it really is!"* Another insightful pastor cautioned those who are receiving Biblical counseling to remember recovery is not only ceasing to do wrong, but it is all about practicing what is right. Surely such words will motivate us to action, and to service in Jesus' name!

Counseling's ultimate goal:

"*Our relationship with others must not be characterized by protective retreat and isolation. In obedience to God's command to do good to those who spitefully use us, we must move toward others with no thought of self-protection,* ***governed only by our desire to minister.****"*

Larry Crabb

The goal of this section is to study techniques that should then be practiced in class and used under supervision with your first clients. Through discussion, dialogue and research we hope you will achieve a good understanding of human emotions.

Studying Crisis Counseling, Parenting Skills, as well as different forms of Communication, Forgiveness, Techniques for Anger Management and Conflict Resolution might be facilitated by using Case studies and drama.

It is my prayer that as keen students of the Word of God, empowered by the Holy Spirit, you will have the wisdom to put the oxygen mask on yourselves before attempting to help others. Those who have flown in a plane will know what I mean. You cannot give what you do not have. God bless you all!

Hebrews 4:16 "Let us then approach the throne of grace with confidence, so that we may receive ercy and find grace to help us in our time of need."

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